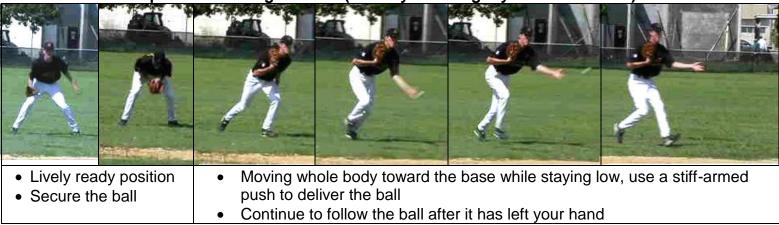
First Base Play

1. Feeding the ball on a "Pitcher's Cover"

Routine Feed to a pitcher covering 1st Base (ball at you or slightly to 1st Base side)



Ball hit down foul line



Ball hit slightly to 2nd base side



- If there is time, get around the ball (move past the line of travel so that you can field it with some momentum back to 1st Base)
- Stay low and drive back to 1st base
- Use same stiff-armed push to deliver the ball
- Continue to follow the ball after it has left your hand

Ball hit substantially to 2nd base side (reverse pivot)



2. Getting into position to receive a throw from an infielder



- Read the ball off the bat
- As soon as you know you can not field it, hustle to the base and locate it with your throwing-side foot
- Retaining the feel of the base with that foot, turn to face the direction of the throw
- Be in an athletic position, ready to move in any direction



Footwork for preparation and receiving of the ball



 Step off base Move quickly to Locate base • Square up, Read the Step to ball Back foot, the base with throwingthrowingthrow with glovebeing once out is side heel on Turn back side foot sideways, is made side foot base less likely to foot drag off Athletic sideways posture

3. Receiving a throw



- Active, well balanced ready position, throwing side heel on base
- Read the throw
- Turn rear foot sideways
- Step to the ball
- Make the catch with the head over the ball whenever possible

4. Handling misdirected throws

Low throw straight at base



- Get forward as far as possible,
- Body low, head over ball
- On short-hop, use forward scooping motion
- Use backhand if ball is on inside of front leg, forehand if outside (see below)



Low throw to right-field side







- Move rear foot to outfield corner of base
- Body low, read the ball
- Use forward scooping motion on short-hop (giving with the ball with softer hands may be necessary on in-between hop)

High throw to right-field side



- Move rear foot to outfield corner of base
- Step as far as required with glove-side foot
- Show umpire contact

Low throw to down the line



- Keep (or move) rear foot in contact with infield corner of base
- Step as far as required
- The wider the throw, the more important it may be to show the umpire contact with the base

Tag-play: when the throw draws you down the line



- Move off base to make the catch, remaining in fair territory (so as to avoid a collision)
- Tag the runner, spinning as he goes past (two hands may be used)
- Continue to turn counter-clockwise to look for the next play

High throw overhead



- Jump up for ball if necessary
- Once ball is secured, look down for base
- Try to land one heel on the base (less likely to damage ankle or leg)

5. Moving off the base as a pitch is made



- As pitcher begins delivery, take one step and one side shuffle to square up to home
- Develop rhythm so that you land in an active fielding posture as ball reaches the plate
- If ball is not hit, side-shuffle back toward base in case of a throw from the catcher.

Returning to base and applying a tag



- As above
- Read throw from catcher: if it is off-line, the first priority is to secure the ball
- If good, continue to base and turn body to put yourself in a good position to make tag

Apply tag

6. Handling the "early break" on a pickoff



- Square up to pitcher as soon as runner breaks
- Step to ball, replace feet and make firm accurate throw to the inside portion of 2nd base

High throw



Throw on the 2nd base side



Throw to homeplate side



- Shuffle to side (if possible) staying square to pitcher
- Make sure of the ball, replace feet and make firm accurate throw to the inside portion of 2nd base

7. Initiating a double play

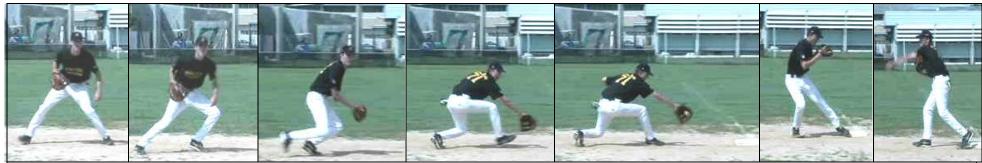
Ball hit on 2nd base side



- Move off base as the pitch is made
- Continue after ball, field it cleanly
- Maintaining your rhythm, make a firm, accurate throw and return immediately to 1st base ("throw it & forget it"). For this play, a left-hander has a marked advantage.
- If required, get into position and receive returning throw as for any throw from an infielder
- NB In many cases, the pitcher will be there to cover the base



Ball fielded close to 1st base



- If you field the ball close to 1st base, it may be quicker to touch 1st base before throwing to 2nd base
- Since the force has now been removed, the middle-infielder must now tag the runner advancing to 2nd base
- As you throw, call "tag!" loudly to ensure he understands that the hitter-runner is out.

8. Cutoffs and Relays

Relay play

