

Basic Skills

- Throwing
- Catching
- Running
- Hitting

Types of hits

- Line-drivers
- Pop-ups
- Grounders

Defensive Play

- Fielding ground balls
- Catching fly balls
- Throwing the ball (hard and accurate)
- Being alert (knowing what play to make)

Offensive Play

- Hitting
- Base running
- Sliding

Outs:

- Strike out
- Fly out
- Tag out
- Force out

Tagging a player:

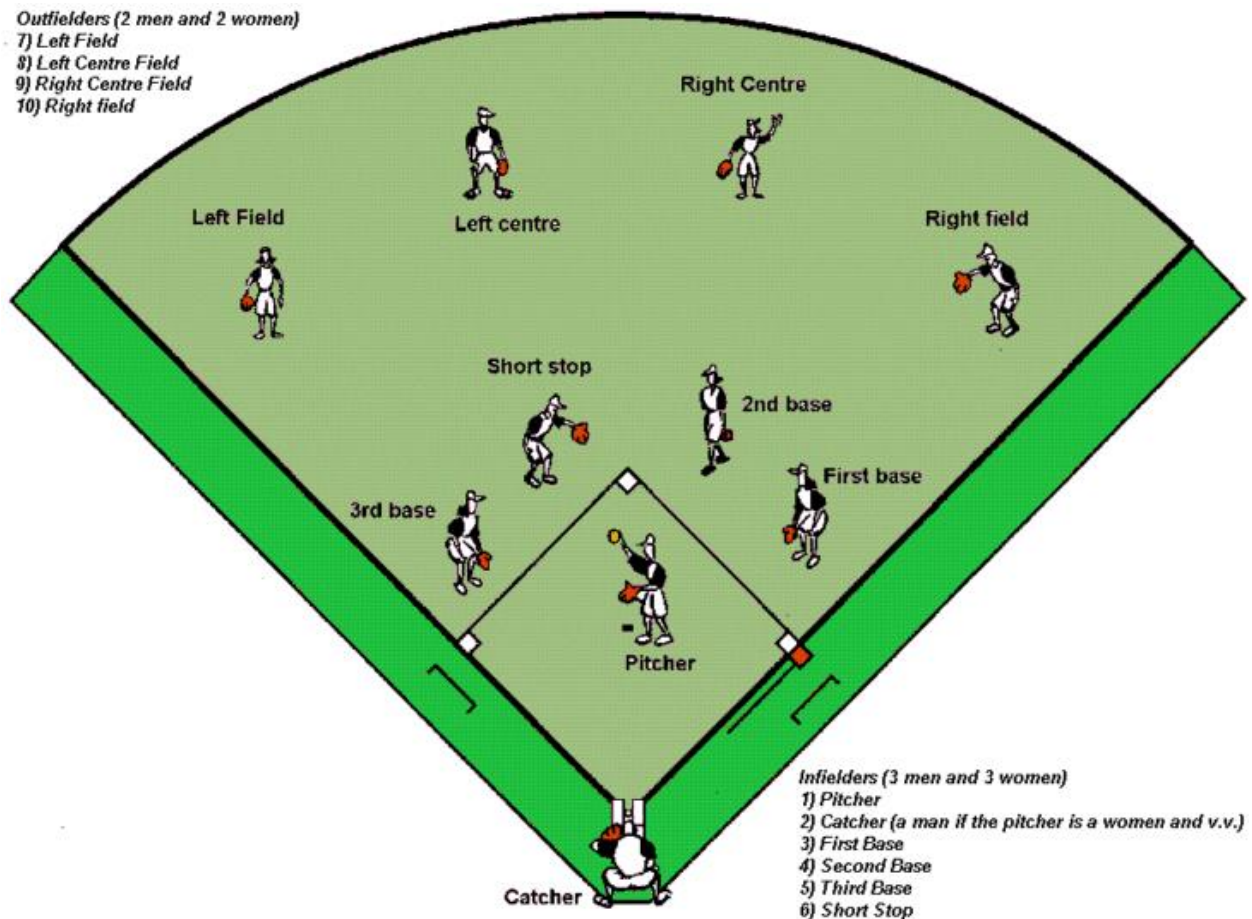
- You can tag a player with ball or with glove if ball is in glove, before they reach the base. If not a forced out, and runner is trying to reach the base, they can get tagged. During their run to the base, they can decide to run back to original base (if not a forced play). Only way for them to get out is if a player tags them while they are not on a base.
- Careful, runners must tag-up if the ball is caught on a fly, meaning that if they leave base early for run and ball is caught without touching the ground first, they must run back to the base they started at and touch it before deciding to run to the next base or not. That's why usually a base runner will wait and see if the catcher will catch or not before taking off to avoid having to run back and touch the base.]

Forced out:

- When the base runner has no choice to run. You can simply just send it to where the runner has to run to and step on the base to create the out. First base throws are always a forced out since the batter must run to first if ball is hit and not caught in the air.

- If runner is on first and second base and a ground ball is hit, those runners have no choice to run to the next base as the batter will be now running to first base. Thus a forced play is created.

Rule: If pop-up fly in the infield when 1st and 2nd base are loaded, the batter is automatically out, even if the player does not catch the ball. Why? Usually, runners wait to see if catcher will catch the ball. If the ball is not caught, all runners must run (no choice) since forced play. So defense can easily try and make a triple play or double play by pretending to catch the ball and then dropping it, thus forcing all the runners to run. The defense can then pick up the ball and send it to 3rd base, 2nd base and 1st base quickly to try and get a triple play. If ball is caught on a pop-up fly, then the batter is obviously out and the 1st and second baseman don't need to run to the next base (no longer a forced play).



TECHNIQUE

Catching:

- Squat low and glove touching ground for grounders
- Hand for support for pop flies
- Eye on ball for line-drivers
- Hands close to glove to quickly release and throw
- Step towards the ball

Hitting:

- Shoulder width apart and knees slightly bent
- One bat-length away from plate)
- Grip (hands together and knuckles aligned)
- Elbow up
- Weight transfer from back foot to forward foot
- Follow through during swing

Throwing:

- Lunge forward with opposite foot
- Rotate hip, torso and throwing arm as you step forward
- Throwing arm starts behind head with arm in "L" shape
- Extend arm fully and allow it to come across body once ball is released

***CAREFUL: Foul balls are strikes. You just can't strike out on a foul ball, meaning when you have 2 strikes, you can't get a third if you foul the ball. EXCEPTION: If you bunt the ball and it's a foul (when you already have two strikes), you are out.