

BASEBALL 101

Learn how to improve your game with a few simple steps brought to you by the Texas Rangers Youth Academy. Dash Johnson, manager of Youth Academy baseball and softball programming, uses his extensive knowledge of baseball as a former collegiate player and long-time coach to simplify key elements of the game.

In this lesson, Johnson explains a few simple techniques for successfully catching a fly ball.

To learn more about the Texas Rangers Youth Academy, follow @RangersYA on Twitter and Instagram. To register your child for free baseball and softball programming, visit texasrangers.com/academy.



HOW TO CATCH A FLY BALL

Prep

Before the pitch prepare to field the ball by getting in your pre-pitch athletic stance. Have your feet shoulder-width apart, knees bent, eyes up, and hands out and ready.



Catch

Once the ball is in the air, identify its trajectory, and position your glove to best make the catch.



Line Drive

If the fly ball is a line drive that will meet you between your waist and shoulders, your glove should be positioned straight in front of your body. Keep your glove straight, with your palm facing forward.



Low Line Drive

If the fly ball is a low line drive that will meet you below your waist, flip the direction of your glove, so your palm is facing up and the ball can be caught in your webbing.



Fly Ball

If the fly ball is hit above your shoulders, bring your glove up to catch the ball at its highest point. Your glove should be positioned so your webbing and palm are pointing upward toward the sky.

Secure

Track the fly ball into your glove and complete the catch by squeezing the webbing of your glove around the ball while securing it with your throwing hand.



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HOW TO CATCH A DEEP FLY BALL



Prep

Before the pitch prepare to field the ball by getting in your pre-pitch athletic stance. Have your feet shoulder-width apart, knees bent, eyes up, and hands out and ready.



Drop Step

If the fly ball is hit behind you, utilize a drop step to turn, track down the ball, and complete the catch. If the ball is sailing over your left shoulder, for example, step with your left foot first while opening/turning your hips in that direction.



Run/Catch

Once you have completed your drop step, run with your glove tucked into your chest, while keeping your head still, and eyes on the ball. When you are in position to make the catch, extend your glove to catch the ball at its highest point.

Remember to point your glove upward if you are reaching for a ball above your head.

HOW TO CATCH A SHALLOW FLY BALL



Prep

Before the pitch prepare to field the ball by getting in your pre-pitch athletic stance. Have your feet shoulder-width apart, knees bent, eyes up, and hands out and ready.



Forward Step

If the fly ball is hit in front of you, utilize a forward step to run in and meet the ball before it reaches its projected landing point. If the shallow fly ball is hit to your left, for example, turn your hips to the left while taking your forward step.



Run/Catch

While running in, keep your glove tucked into your chest, head still, and eyes on the ball. When you are in position to make the catch, extend your glove to catch the ball at its highest point.

Remember to position and turn your glove as needed if you will be catching the ball above your head, at your chest, or below your waist.