

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 focuses on properly fielding a ground ball in the infield and outfield by relying on four simple steps.

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 texastrangers.com/academy.



HOW TO FIELD A GROUND BALL IN THE INFIELD



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.



Field

As the ball approaches, get into the proper fielding stance by squaring up with the ball and forming a triangle with your two feet and glove hand. Position your feet slightly wider than shoulder-width apart and extend your glove in front of your body as the third point of the triangle.



Funnel

While fielding the ball into your glove, secure it with your bare hand as you funnel it up to your chest and prepare to throw by gripping the ball with your throwing hand.



Throw

After you have successfully fielded and funneled the ball to your body, place your feet into throwing position while aiming at your target. To aim, point your leading shoulder and glove towards the desired target, position your throwing arm with your elbow up and complete the throw.

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HOW TO FIELD A GROUND BALL IN THE OUTFIELD



1

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.



2

Field

As the ball approaches, get into the proper fielding stance by squaring up with the ball with one foot out front, similar to a lunge position. When you extend your glove hand forward, your plant foot, lead foot, and glove will form a line.



3

Transfer

While fielding the ball, continue your forward motion, scoop the ball up into your glove, and transfer the ball to your throwing hand.



4

Throw

Use the momentum from your forward motion to throw for power to your intended target. Consider using a crow hop to move through the ball with maximum power by taking a large step with your plant leg, followed by a leap forward toward the target, while bringing your throwing arm down and around to utilize a full range of motion on the throw.