

Basic Guidelines in the Field

EVERYBODY

" BALL, BASE, BACK UP "

1. Make every effort you can to field a batted **BALL** in your area of the field. If you think **YOU** are going to field the ball, yell "**I GOT IT, I GOT IT, I GOT IT**". If someone calls "**I GOT IT, I GOT IT, I GOT IT**", get out of their way and back them up.
2. If you are an infielder and not fielding the ball run to cover your **BASE** or run to be the cutoff person.
3. If you are an outfielder and the ball is hit in the infield, assume they are going to miss it and **BACK UP** the play. This develops good habits and reactions.
4. If the ball is hit and you are not doing 1, 2 or 3 above **you are being a spectator**.
5. Always know how many outs there are, if you don't know, **ask**
6. Always know how many runners are on base, if you don't know, **look**
7. When there are runners on base, always know at what base a force out is possible.
8. Always know before the ball is pitched what you should do if the ball is hit to you **AND** what you should do if the ball is not hit to you.
9. When covering first base for a force out, have your right foot (left foot for lefties) on the bag, when the ball is thrown, step with your left leg (right foot for lefties) towards the throw with your mitt extended. If the throw is wide, get off the base to catch the ball.
10. When covering the bag for a tag play (no force), **do not** stand with your foot on the bag extending your mitt like it's a force play, straddle the bag facing the runner. When you catch the throw, immediately place your glove (with the ball in it and your free hand holding the glove closed) on the ground in front of the bag so the runner has no choice but to slide into it.
11. Remember that the play is not over until our pitcher has the ball and is ready to make the next pitch. The runners can continue to run, so be aware of what 's going on.
12. If you are not sure about something, **ask the coaches**.

Basic Guidelines in the Field

By Position:

1st BASE

If the batter turns to bunt, run in towards the batter to field the bunt

If ball is hit to you:

- field the ball
- tag the runner or tag the base or throw to 2nd baseman covering 1st base
- if you can't get a runner out, **HOLD THE BALL**

If ball is not hit to you:

- Cover 1st base

On a dropped third strike, cover 1st base for a throw from the catcher

Basic Guidelines in the Field

2nd BASE

On a steal to 2nd base, back up the throw to 2nd base

On a passed ball, runner stealing home, back up the throw being made to the pitcher at home plate

If the batter turns to bunt, cover 1st base

If ball is hit to you:

- field the ball
- throw ball to easiest base to get the force out
- if you can't get a runner out, **HOLD THE BALL**

If ball is not hit to you:

- if hit to the 1st baseman, Cover 1st base
- if hit behind you, run into the outfield, you are the cutoff person
- Otherwise cover 2nd base

Shortstop

On a steal to 2nd base, cover 2nd base, be at the bag in tagging position, let the ball come to you, do not move forward to catch it on a fly, let it bounce to you.

On a passed ball, runner stealing home, back up the throw being made to the pitcher at home plate

If the batter turns to bunt, if no runners on base cover 2nd base, if runners on base cover 3rd

If ball is hit to you:

- field the ball
- throw ball to easiest base to get the force out
- if you can't get a runner out, **HOLD THE BALL**

If ball is not hit to you:

- if hit to the 3rd baseman, back up the 3rd baseman
- if hit behind you, run into the outfield, you are the cutoff person
- Otherwise cover 2nd base

3rd base

On a steal to 2nd or 3rd base, cover 3rd base, be at the bag in tagging position

If the batter turns to bunt, run in towards the batter to field the bunt

If ball is hit to you:

- field the ball
- throw ball to easiest base to get the force out
- if you can't get a runner out, **HOLD THE BALL**

If ball is not hit to you:

- Cover 3rd base

Basic Guidelines in the Field

Pitcher

Pitch the ball **over** the plate **in** the strike zone (accuracy not speed is what is important)

On a steal to 2nd base, get out of the way of the throw from the catcher

On a passed ball, if there is a runner on 3rd base run in to cover home plate, whether or not they look like they are going to steal

If ball is hit to you:

- field the ball
- throw ball to easiest base to get the force out
- if you can't get a runner out, **HOLD THE BALL**

If ball is not hit to you:

- Be ready to back up any throws from the outfielders to a base
- This means **ALL BASES** including home plate, that a throw is going to.
- You'll have to make a decision here, just use your best judgment

Catcher

On a steal to 2nd or 3rd base, throw to that base on a **LINE DRIVE** (it's okay, sometimes better, if it bounces)

On a passed ball, runner stealing 2nd or 3rd base, run to get the ball, run the ball onto the field, looking at the lead runner (no unnecessary throws !)

On a passed ball, runner stealing home, run to get the ball, throw the ball **LOW** to home plate on the runner's side of the plate, don't wait for the pitcher to arrive, that's her job.

If there are runners on 1st and 3rd, do not throw the ball to 2nd base on a steal

If ball is hit to you (bunts):

- field the ball.
- throw ball to easiest base to get the force out
- if you can't get a runner out, **HOLD THE BALL**

If ball is not hit to you:

- Cover Home Plate

On a dropped third strike with nobody on first base, throw the ball to 1st base to get the out. On a dropped third strike with 2 outs, throw the ball to 1st base to get the out or tag home plate if bases are loaded, getting the force out.

Right Field

On a dropped third strike, back up the throw to 1st base

If ball is hit to you:

- Catch the ball on a fly, or field the ball as a grounder
- If you field the ball facing home plate, run the ball into the infield, looking at the lead runner
- If the ball gets behind you, throw ball to the cutoff person or 2nd base if you can reach it
- **NEVER STAND IN THE OUTFIELD HOLDING THE BALL**, if you're not sure what to do with it, run the ball into the infield

If ball is not hit to you:

- If the ball is hit to the 1st or 2nd baseman, assume they are going to miss the ball, back up the play
- If the ball is hit to the SS or 3rd baseman, run to back up the throw to 1st base

Basic Guidelines in the Field

- If the ball is hit to the Right Center fielder, back her up

Right Center Field

On a steal to 2nd base back up the throw to 2nd base from the catcher

If ball is hit to you:

- Catch the ball on a fly, or field the ball as a grounder
- If you field the ball facing home plate, run the ball into the infield, looking at the lead runner
- If the ball gets behind you, throw ball to the cutoff person or 2nd base if you can reach it
- **NEVER STAND IN THE OUTFIELD HOLDING THE BALL**, if you're not sure what to do with it, run the ball into the infield

If ball is not hit to you:

- If the ball is hit to the 1st or 2nd baseman, assume they are going to miss the ball, back up the play
- If the ball is hit to SS or 3rd baseman, be ready to back up a throw to 2nd base
- If the ball is hit to the Right fielder or Left Center fielder, back her up

Left Center Field

On a steal to 2nd base back up the throw to 2nd base from the catcher

If ball is hit to you:

- Catch the ball on a fly, or field the ball as a grounder
- If you field the ball facing home plate, run the ball into the infield, looking at the lead runner
- If the ball gets behind you, throw ball to the cutoff person or 2nd base if you can reach it, or throw to 3rd base if a runner is headed there
- **NEVER STAND IN THE OUTFIELD HOLDING THE BALL**, if you're not sure what to do with it, run the ball into the infield

If ball is not hit to you:

- If the ball is hit to the 3rd baseman or Shortstop, assume they are going to miss the ball, back up the play
- If the ball is hit to the 2nd or 1st baseman, be ready to back up a throw to 2nd
- If the ball is hit to the Left fielder or Right Center fielder, back her up

Left Field

On a steal to 3rd base back up the throw to 3rd base from the catcher

If ball is hit to you:

- Catch the ball on a fly, or field the ball as a grounder
- If you field the ball facing home plate, run the ball into the infield, looking at the lead runner
- If the ball gets behind you, throw ball to the cutoff person or 2nd base if you can reach it or throw to 3rd base if a runner is headed there
- **NEVER STAND IN THE OUTFIELD HOLDING THE BALL**, if you're not sure what to do with it, run the ball into the infield

If ball is not hit to you:

- If the ball is hit to the 3rd baseman or Shortstop, assume they are going to miss the ball, back up the play
- If the ball is hit to the 2nd or 1st baseman, be ready to back up a throw to 3rd base
- If the ball is hit to the Left Center fielder, back her up

Basic Guidelines when we are at Bat

EVERYBODY

BATTING

1. Know the batting order and where **YOU** are in the order
2. Cheer for your teammates
3. On-deck batter should be warming up, with a helmet on, and ready to bat. Everyone else is sitting down in the dugout.
4. When it is your turn to bat:
Before you step into the batter's box

- Know the signals, if you don't know what they are, **ask**
- Take care of the bat from the previous batter
- Check the 3rd base coach for signals
- Know how many outs there are, if you don't know, **ask**
- Know where we have runners on base, if you don't know, **look**

When you are in the batter's box

- Check the 3rd base coach for signals before each pitch
- **BE READY AND LOOK READY** for every pitch
- If given the **"TAKE"** sign, **DO NOT SWING AT THE PITCH**, but always look like you are going to. (Don't be a statue and don't back out of the batter's box)
- Swing hard on a level or downward angle at pitches **IN** the strike zone
- Swinging upward results in pop-ups (poochies) which are usually outs
- Swinging at pitches **OUT** of the strike zone are gifts for their pitcher, don't help them !
- When you have 2 strikes, "Protect the plate", if it is close, **SWING**
- When the ump calls "Strike 3" **AUTOMATICALLY run** to 1st base until you hear the ump follow "Strike 3" with "The batter is out", if you are not sure, **run**
- If you are walked, drop the bat and **run** to 1st base

When you hit the ball

- **Run** as fast and hard as you can to 1st base, in foul territory
- **DO NOT** LOOK AT THE BALL WHILE YOU ARE RUNNING
- **DO** LOOK AT THE FIRST BASE COACH FOR INSTRUCTIONS
- Unless given the signal to round the base or go to 2nd, **run through** 1st base at full speed, staying into foul territory after you pass the bag

Basic Guidelines when we are at Bat

WHEN YOU ARE ON BASE

- Check your base coaches before every pitch for signals
- Be on the base, in running position before the ball is pitched
- As soon as the pitcher releases the ball, take a 5 step lead off of the bag. You always want the other team thinking that you are stealing (it makes them nervous)
- If you are given the steal sign, it is not optional, run as hard as you can to the next base as soon as the Pitcher releases the ball on the next pitch. If it was a bad pitch to steal on and you are thrown out, it is the coach's fault not yours.
- When on 1st or 2nd, **EVERY** time the ball gets past the catcher, run to the next base (unless a teammate of yours is there)
- When on 3rd base and the ball gets past the catcher, only steal home if you think you can make it. Once you decide to go, don't stop and make sure that you slide.
- Always slide into a base if they are making a play at that base (the base coaches will be telling you when to slide).

- **WHEN THE BALL IS HIT**
 - If you are forced (on 1st base, or on 2nd or 3rd with the bases behind you filled)
 - You must run to the next base on a ground ball
 - On a pop-up or a line drive in the infield, (all bases) take a 3 step lead, if it's caught get back to your base. If it is dropped, run to the next base.
 - On a fly ball or a line drive in the outfield, (you are on **1st or 2nd**) take a 5 step lead, if it's caught get back to your base. If it is dropped, run to the next base
 - On a fly ball or a line drive in the outfield, (you are on **3rd base**) **STAY ON THE BASE READY TO RUN !!** Listen to the 3rd base coach for instructions.
 - If you are not forced (you are on **2nd or 3rd**)
 - Always run to the next base if a ground ball is hit to right side of the infield (the side where the second baseman plays).
 - If the ball is hit to the SS or 3rd baseman, and it gets through them or they throw it to 1st base, run to the next base
 - On a pop-up or a line drive in the infield, (all bases) take a 3 step lead, if it's caught get back to your base. If it is dropped, run to the next base if you think you can make it
 - On a fly ball or a line drive in the outfield, (you are on 2nd base) take a 5 step lead, if it's caught get back to your base. If it is dropped, run to the next base if you think you can make it
 - On a fly ball or a line drive in the outfield, (you are on 3rd base) **STAY ON THE BASE READY TO RUN !!**
Listen to the 3rd base coach for instructions.

- **LOOK FOR AND LISTEN TO YOUR BASE COACHES**
 - Know the signals, if you are not sure what they are, **ask**
 - If the coach says "keep running" , **keep running !!!**
 - If the coach says "stop at the base", **stop at the base !!!**
 - If the coach says "round the base and look up", **round the**

Basic Guidelines when we are at Bat

base and look up

- If the coach says "slide", **slide !!!**
- After you slide, and the baseman has the ball, stay on the ground, foot on the base and ask the ump for a time-out.