

# Batting Checklist

## Preparation

- \_\_\_\_\_ feet about shoulder width apart
- \_\_\_\_\_ Weight a little bit on your back foot
- \_\_\_\_\_ knees a little bit bent
- \_\_\_\_\_ middle knuckles lined up
- \_\_\_\_\_ elbows hanging
- \_\_\_\_\_ weight a little bit on the balls of your feet

## Execution

- \_\_\_\_\_ keep your eyes on the ball
- \_\_\_\_\_ small step with your front foot
- \_\_\_\_\_ move your front elbow towards the pitcher
- \_\_\_\_\_ turn your hips to the pitcher (push back toes down and turn your foot or squish the bug)
- \_\_\_\_\_ move your weight towards your front foot
- \_\_\_\_\_ hips are facing the pitcher
- \_\_\_\_\_ swing the bat fast and hard through the ball keeping your eyes on the ball
- \_\_\_\_\_ hit the ball

## Follow Through

- \_\_\_\_\_ weight is balanced or slightly back
- \_\_\_\_\_ wrists are rolled or turned over
- \_\_\_\_\_ hips are facing the pitcher
- \_\_\_\_\_ hands are wrapped around the shoulder
- \_\_\_\_\_ eyes are still on the ball

# Fielding Ground Balls Checklist

## Preparation

- \_\_\_\_\_ your shoulders are square or facing the batter
- \_\_\_\_\_ feet about shoulder width apart with the glove foot a little bit ahead of the other
- \_\_\_\_\_ Weight is slightly forward (on the balls of your feet) balanced side to side
- \_\_\_\_\_ knees are bent bringing you low to the ground
- \_\_\_\_\_ glove hand is almost touching the ground in front of the body
- \_\_\_\_\_ the throwing hand is beside the glove ready for clean fielding
- \_\_\_\_\_ your back is flat and upright so you are facing the batter
- \_\_\_\_\_ eyes are on the ball

## Execution

- \_\_\_\_\_ keep your eyes on the ball
- \_\_\_\_\_ hands are low with the glove open to the ball
- \_\_\_\_\_ move to the ball and meet it in front of the body
- \_\_\_\_\_ use two hands (alligator) to field the ball into the glove
- \_\_\_\_\_ watch the ball into your glove
- \_\_\_\_\_ the throwing hand is over the ball and getting ready to throw

## Follow Through

- \_\_\_\_\_ weight is moving back with the ball in your throwing hand
- \_\_\_\_\_ the glove side elbow is pointing toward where you are going to throw the ball
- \_\_\_\_\_ the glove side of the body is pointing toward the target
- \_\_\_\_\_ the ball is in throwing position
- \_\_\_\_\_ eyes are on the target you are going to throw to

# Fielding Fly Balls Checklist

## Preparation

- \_\_\_\_\_ your shoulders are square or facing the batter
- \_\_\_\_\_ feet about shoulder width apart with the glove foot a little bit ahead of the other
- \_\_\_\_\_ Weight is slightly forward (on the balls of your feet) balanced side to side
- \_\_\_\_\_ knees are slightly bent ready to go in any direction
- \_\_\_\_\_ glove and throwing hand is about at your knees in front of the body
- \_\_\_\_\_ your back is flat and upright so you are facing the batter
- \_\_\_\_\_ eyes are on the ball and the batter

## Execution

- \_\_\_\_\_ keep your eyes on the ball
- \_\_\_\_\_ your eyes and body are moving with the ball
- \_\_\_\_\_ hands are still down until you get to where you are going to field the ball
- \_\_\_\_\_ when you get to where you are going to field the ball, you get ready with your body and your glove open to the ball
- \_\_\_\_\_ watch the ball into your glove which is pointing up at your throwing shoulder
- \_\_\_\_\_ the throwing hand closes your glove over the ball and then gets ready to throw

## Follow Through

- \_\_\_\_\_ weight is moving back with the ball in your throwing hand
- \_\_\_\_\_ the glove side elbow is pointing to \_\_\_\_\_ ward where you are going to throw the ball
- \_\_\_\_\_ the glove side of the body is pointing toward the target
- \_\_\_\_\_ the ball is in throwing position
- \_\_\_\_\_ eyes are on the target you are going to throw to

# Throwing Checklist

## Preparation

- \_\_\_\_\_ 3 finger grip across the seams
- \_\_\_\_\_ glove side foot is closer to the target
- \_\_\_\_\_ weight is on the back foot
- \_\_\_\_\_ glove or glove side elbow is pointed toward the target
- \_\_\_\_\_ throwing hand elbow is at shoulder height at a 90 degree angle
- \_\_\_\_\_ the wrist is cocked with the ball outside the wrist
- \_\_\_\_\_ eyes are on the target

## Execution

- \_\_\_\_\_ your eyes are on the target as you step toward it with your throwing hand foot which is now in front
- \_\_\_\_\_ weight transfers to your front foot then push off your front foot
- \_\_\_\_\_ the shoulder leads the elbow of the throwing hand
- \_\_\_\_\_ weight transfers to your front foot
- \_\_\_\_\_ your forearm rotates through with the ball up high
- \_\_\_\_\_ the glove hand or elbow comes down
- \_\_\_\_\_ the throwing hand arm extends and the wrist snaps as you release the ball

## Follow Through

- \_\_\_\_\_ your weight is on your front (glove side) foot
- \_\_\_\_\_ your front knee is bent
- \_\_\_\_\_ your throwing hand crosses over your body to the other side with your throwing shoulder forward
- \_\_\_\_\_ your throwing shoulder is forward
- \_\_\_\_\_ finish back in your balanced position with your eyes on the target you just threw to

# Catching Checklist

## Preparation

- \_\_\_\_\_ your eyes are on the thrower and the ball
- \_\_\_\_\_ hips and shoulders are facing the thrower
- \_\_\_\_\_ your feet are in a comfortable position with your glove foot slightly in front of the other
- \_\_\_\_\_ your weight is even on both feet
- \_\_\_\_\_ your glove and throwing hand are slightly out in front of your body with the fingers up
- \_\_\_\_\_ give a big target at the chest

## When the ball is \_\_\_\_\_:

- \_\_\_\_\_ above the waist, thumbs are pointed up
- \_\_\_\_\_ below the waist, pinkies are pointed down

## Execution

- \_\_\_\_\_ watch the ball into the glove
- \_\_\_\_\_ let the ball come \_\_\_\_\_ to your glove without reaching for it
- \_\_\_\_\_ cushion the ball (allow your glove to move in with it)
- \_\_\_\_\_ catch the ball in the glove and take the ball with the throwing hand and get ready to throw or close the glove with your throwing hand
- \_\_\_\_\_ begin to move your weight to the back foot and turn the glove side shoulder to the throwing target
- \_\_\_\_\_ eyes are on the ball

## Follow Through

- \_\_\_\_\_ your weight is on your back foot
- \_\_\_\_\_ the glove side is turned to the target
- \_\_\_\_\_ your glove side elbow is pointed at the target
- \_\_\_\_\_ you are ready to throw if you need to or to hang on to the ball