

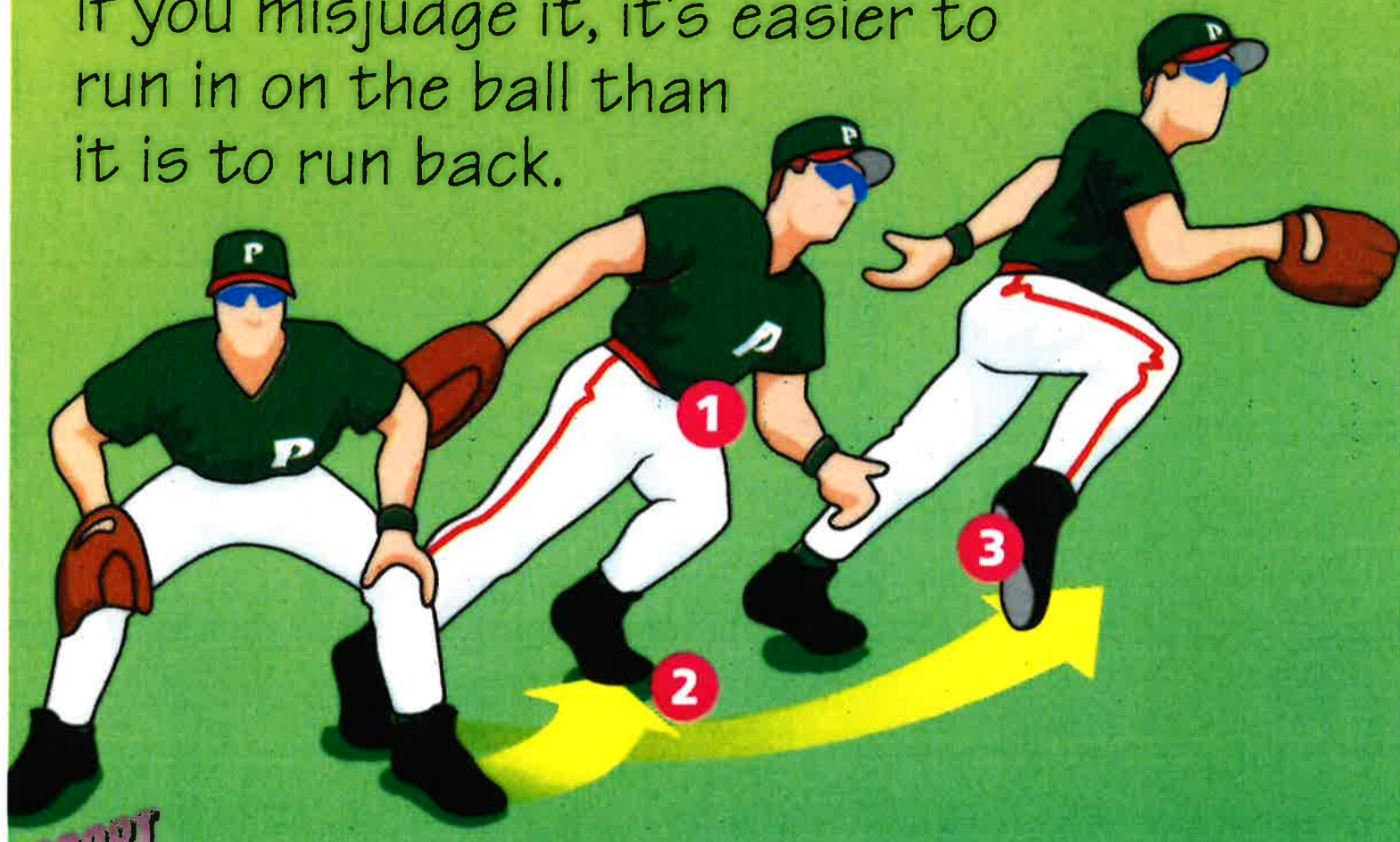
OUTFIELD FLY BALLS

Be set to run as the pitch reaches the plate. When a fly ball comes your way,

1 turn your belt buckle toward the ball and run to the spot where you expect it to land.

On a ball to your left, **2** drop-step with your left foot, then **3** cross your right foot over. Do the opposite on a ball to your right.

Your **first step on a fly ball is always back**, because all the trouble is behind you. If you misjudge it, it's easier to run in on the ball than it is to run back.

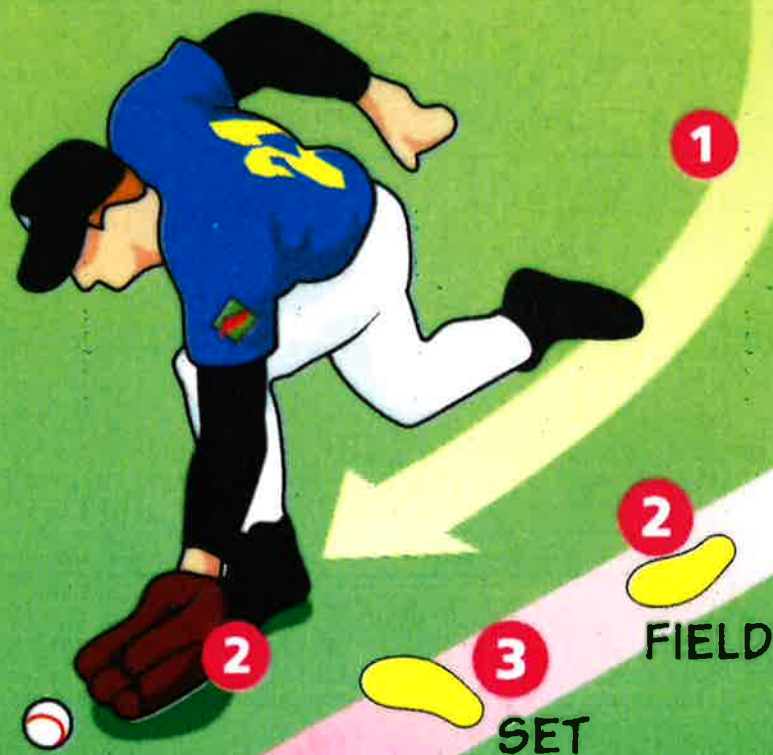


THROWING OUT BASERUNNERS

Throwing out a baserunner from the outfield requires a different approach.

1 Charge the ball under control, lining yourself up with your target base. Time your footwork so **2** you reach down to field the ball just after planting your glove-side foot. See the ball into the glove.

3 Use your next step to gather yourself, then **4** step toward your target and throw, keeping the ball low so it can be cut off there's no play. **Take your eyes to the target throughout the throw.**



OUTFIELD GROUNDERS

When a ball gets through the infield, your main job is to keep it in front of you – because all the trouble is behind you. Get to the ball as quickly as you can, running in on balls in front of you. Then field it, find your target and throw the ball to his chest.

You must know where to throw the ball before you pick it up. Don't hesitate!

If the ball is hit closer to another outfielder, run behind him to back him up.



HITTING THE CUTOFF

On a ball hit to the outfield, either the shortstop or the second baseman follows the ball out. **1** He stands directly in line with the outfielder and the target base, about two-thirds of the way to the base.

2 The outfielder throws to the base, low enough for the cutoff man to catch the ball if it's off-line or late. **3** If the throw is strong and accurate, the cutoff man lets it go through.

