

Covering 1st base

The #1 job of the 1st baseman when the ball is NOT hit to them is to get to the bag as quickly as possible.

Once we get to the bag.....we want to take our throwing side heel (**right handers should have the heel of their right foot on the bag**) and place it on the edge of the bag close to center as possible....now we want to be square to the throw. Get in an athletic stand....feet spread slightly...hands up to show a nice big target.

Once the ball is thrown.....we want our glove hand and glove side foot to follow the ball. When we catch the ball your foot should hit the ground at the same time. We do not want to stretch too soon.

Start with the player at normal playing distance for a 1st baseman....on the coaches command the player is to get to the bag as fast as they can....once at the bag and the coach is satisfied with the players set up the coach can throw the ball. After a few times through or for more advanced players....the coach can start throwing the ball sooner and or start throwing one hoppers and have the kids practice scooping the bad throws.

