Baseball Mechanics 2025

Bases

The A position-Fly ball to out field – Pivot

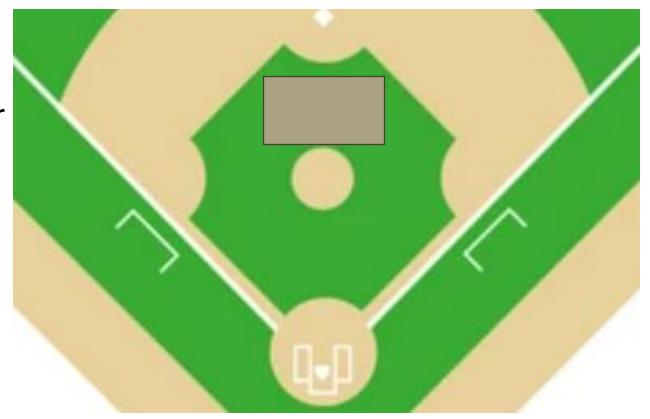
- Pause, Read, React
- If you are not going out, run in
- Make sure you pivot
- Why Pivot?
 - Sets you up to run parallel with the batter runner
 - Gives you a good angle to see play into 2nd and back into 1st
 - Do not just go 2nd, watch the runner.
 - Keep your chest to the ball

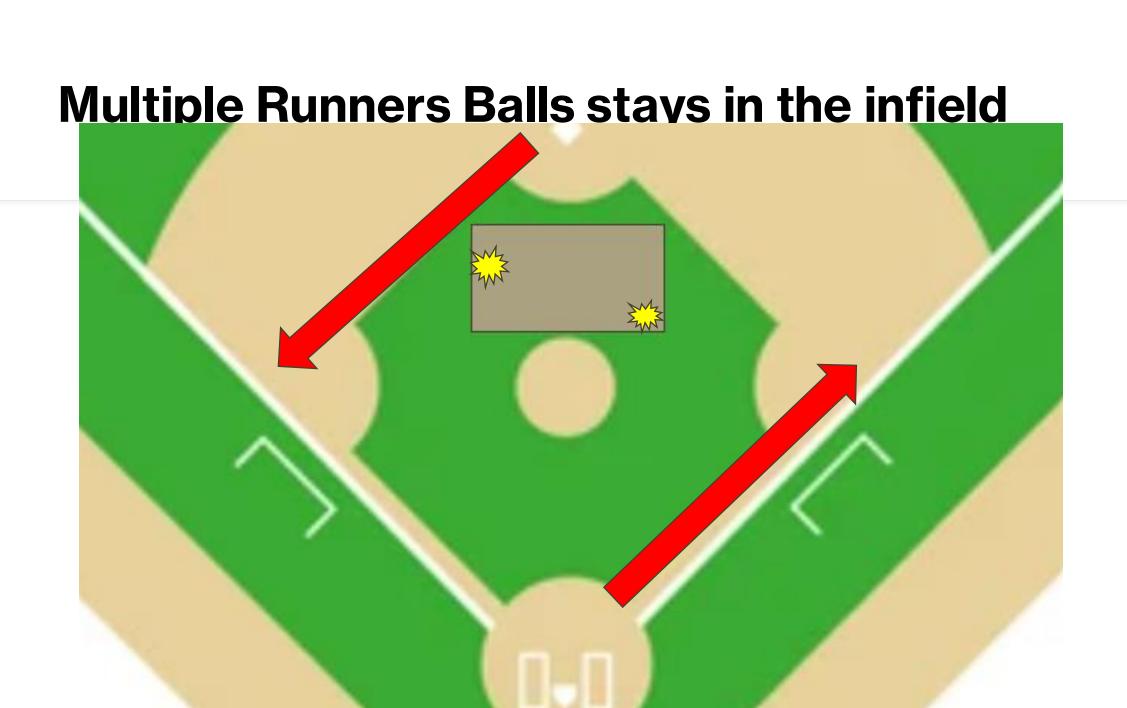
Pivot-Video 1



The Working Area

- Stay out of the batter's eye.
- Do not stand behind the pitcher





Touch and Tag Responsibilities

- Plate guy has all touches and tags at 3rd
- Fly ball in the V with runners on called by base umpire
- Runner on 1st or 1st and 3rd. Plate guys comes up for play at 3rd.
 Glances at runner touching plate.
- Fly ball down the 1st Base line plate takes catch and touch at 1st, base guy takes tag up and touch at all other bases. Sound off by plate guy...I AM ON THE BALL!

Runner on 1st and 2nd – Fly ball to the outfield

- If the runner on second tags
 - Plate guys comes up to third for play at 3rd
 - Base guy has catch, tag up and play into second and batter runner into any base
- If the runner does not tag
 - Plate guy stays home
 - Base guy has catch tag up and play into where the ball takes you.

Open to the baseball-Video 2



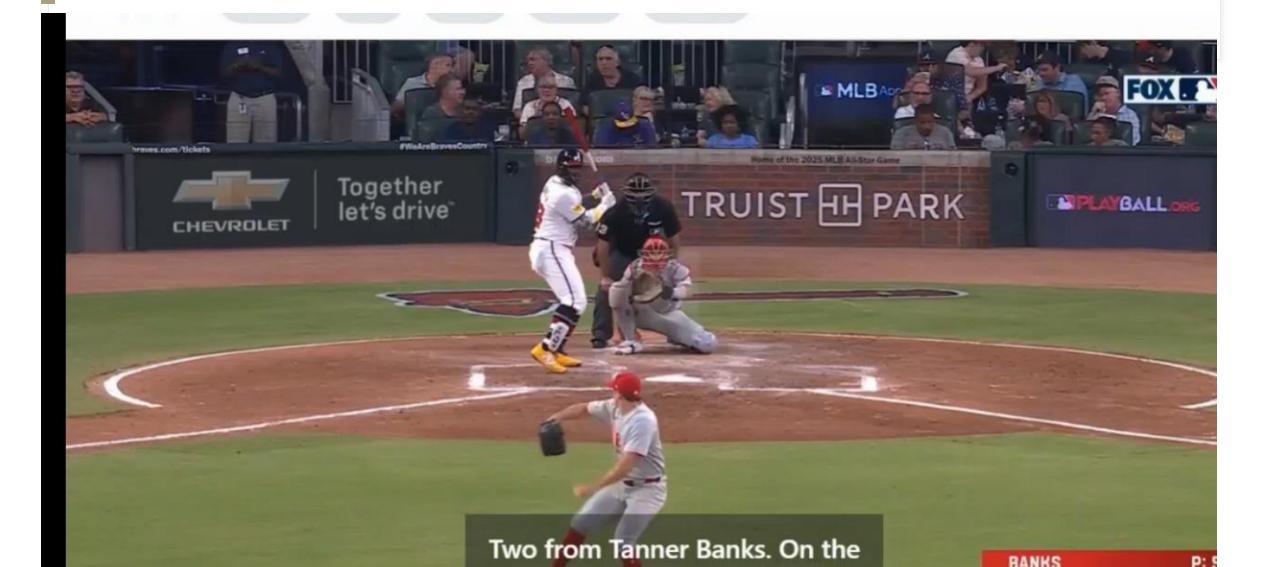
Plays at 1st base

- Where the throw is coming from dictate where you set up
- Use the idea of a Right-Angle determine the best view for swipe tag and pulled foot
- The corner of the right angle is 1st baseman's foot on the bag, one part of the angle is pointed to the umpire, the other part is pointed the direction the throw is coming.
- Be still when the throw arrives.
- Look for firm and secure possession, voluntary release.

Plays at 1st Base Video 3





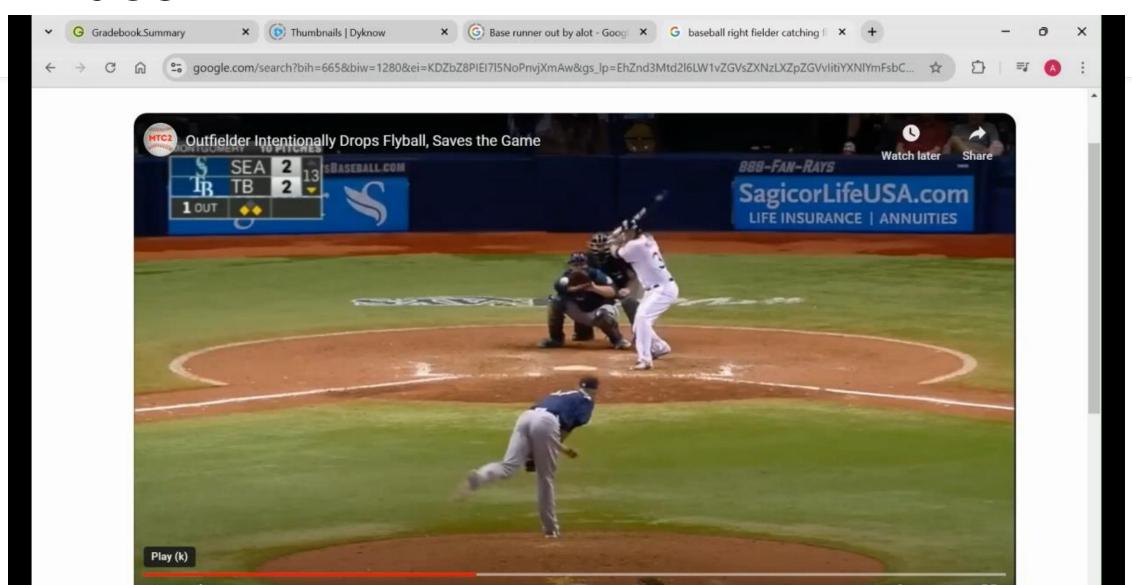


Off the bag-Video 6



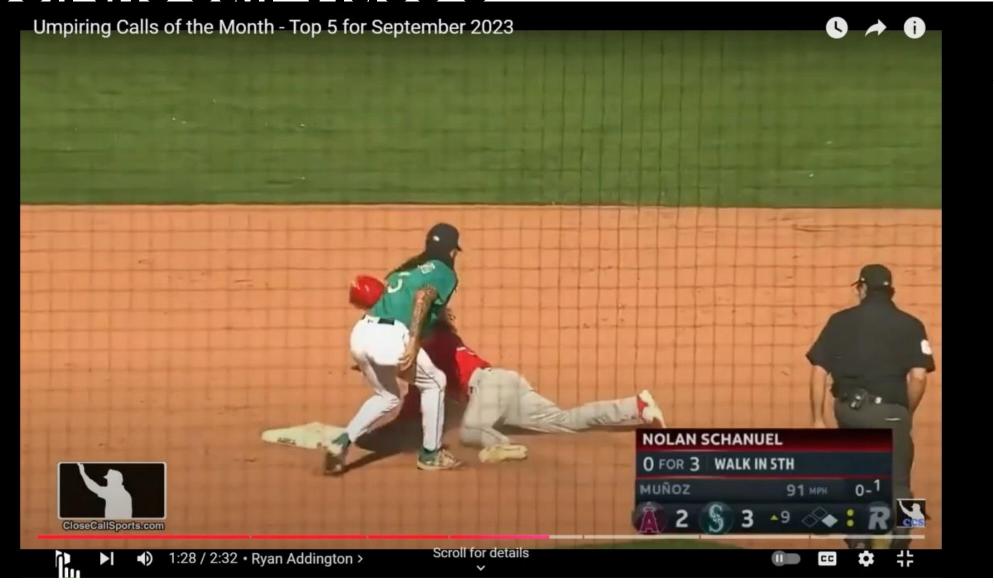
Go out in the A

- We must get better about going out in the A
 - Fly balls in fair and foul territory.
- WE HAVE TO GO OUT
 - Balls that threaten the foul line
 - Trouble balls
 - Balls that threaten the fence
 - Balls that can go out of play
 - The plate guy must read you going out and get up the line to cover the double or the play back into 1st base.





Sell the call-Video 9





Conflict Resolution

- Body Language matters
- Maintain composure
- Hear them out
- Acknowledge concern
- Do not escalate
- Do not allow conversation to continue if nothing new is being added
- Do not get the last word



