

Knocking the Ball Down

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The purpose of this document is to define positioning for corralling a ball, by knocking it down where we can easily pick it up. The key is being ready to move backward, instead of side to side. I have been catching for a long time. From my viewpoint I have seen that Shortstops and Second Basemen (male or female) set up to move side to side, while Third and First Basemen set up like a Catcher, ready to move fore and aft, especially aft. Because they do not have to catch a ball to make a play, they set up to block and corral balls in the dirt. Plus, all players use this positioning whenever all they have to do is knock a ball down where they can pick it up.

The key is being ready to move backward

The key is being ready to move backward, instead of side to side. Because it is the quickest way to move sideways and then get back square to the ball, we move backward to knock a ball down where we can easily pick it up. Be in a position to quickly move foot backwards. In other words, you need a pivot move (Figure Eight type move) to both move back and sideways one step and keep your body shaped so the ball will bounce down in front of your feet.

That position shapes your body to corral the ball

If you are ready to move backward, your body is also shaped to corral the ball. To move backward, we push off the outside of the feet or little toes and heel. Therefore, we are moving from heel to toe with a pivot and this move is keeping us square to the ball we are trying to corral. Plus, our arms and hands can stay inside our knees throughout the move; keeping both legs, both arms, and the chest shaped to corral the ball upon contact.

And subconsciously catch the ball

This conscious shape ready to move backward will help us catch the ball subconsciously. In other words, from this position, our natural reaction to protect ourselves with our hands can be used to our advantage. We consciously try to corral the ball, but our natural reaction to protect ourselves lets us catch it.

Summary: Knocking the Ball Down

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