

Baseball Zone Backyard Basics

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Hitting

Stance

Grip - Hold bat at base of fingers. Knocking knuckles should be close to lined up.

Feet - A little further than shoulder width, toes pointing in opposite batter's box.

Knees - Inside feet, slightly bent.

Waist - Slightly bent.

Arms - Relaxed.

Hands - Slightly above both elbows, at back shoulder about shoulder height.

Head - Upright so both eyes can see pitcher.

Bat - Knob of bat pointing to catcher with barrel behind head.

Stride

Step - Should go directly back to pitcher keeping feet pointing in opposite batter's box.

Posture - Remains the same.

Swing

Hands - Go straight to the path of the pitch.

Back Foot/Hip - Rotate and finish with back heel off the ground pointing at pitcher.

Body - Rotates as you swing, belly button facing pitcher at finish.

Finish- Both hands on the bat and hands at front shoulder.



Throwing

Step

4-seam grip

Ball in glove at chest.

Palms separate away from each other.

Step toward target with glove side foot.

Glove follows front foot.

Front side to target when stride foot lands.

Elbows at shoulder height.

Arms with equal bend.

Delivery

Elbows stay at shoulder height during throw.

Keep fingers on top of ball.

Pull down with fingers/snap wrist.

Glove to chest/chest to glove during delivery.

Finish

Throwing arm finishes outside of glove side knee.

Throwing side leg finishes even with glove side leg.



Pitching

Set Position

Ball in glove at chest.

Feet close together.

Leg Lift

Front knee up to rear ear.

Thigh parallel to the ground.

Hand Break/Stride/Delivery

Palms separate away from each other.

Front leg down and out. Think backwards "L."

Step toward catcher.

Glove follows front foot.

Front side toward catcher when stride foot lands.

Elbows stay at shoulder height during throw.

Keep fingers on top of ball.

Pull down with fingers/snap wrist.

Glove to chest/chest to glove during delivery.

Finish

Throwing arm finishes outside of glove side knee.

Throwing side leg finishes even with glove side leg.



Fielding

Fielding Position – Grounders

Feet outside of shoulders.

Toes pointing straight ahead.

Butt down.

Head up.

Glove out front, fingers pointing down.

Throwing hand above glove with palm facing ball.

Field ball in the middle of the body.

Throwing hand secures ball in glove.

Throwing – Grounders

Once grounder is caught, with throwing hand on ball in glove, both hands come to chest.

Throwing side foot steps first to target after fielding ground ball.

Regular throwing motion from here.

Step to target.

Front side to target.

An extra step or two after throw towards target.

Fly Balls/Pop Ups

Catch ball above head, slightly off-center to the glove side.

Thumbs together, elbows down.



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