

### **3. Right foot balance**

As an infielder, getting to this Right foot balance position is the beginning of the fielding process and its the position we need to get in every time. It can seem easy in a controlled drill, but it can be more challenging in the game. Right / left foot placement is important in controlling the ground ball hops. This drill helps emphasizes the importance of left foot timing / placement and what it feels like to “dance with the ball” not fight against the ball. This may be the most important position when it comes to fielding, if you can get to this position every time, you will get better quickly.

- Balance on right foot, bend knee
- Bend torso so head is out over foundational foot
- Proper glove position (hinge wrist, fingers pointed down, palm facing ball)
- Place glove foot behind right foot
- Be on balls of feet (trickle down effect that keeps the rest of the body relaxed)
- Left foot is placed just before ball hits glove (not too early or late)
- Rear end up (stay off heels to keep body direction working forward not back)
- Field ball between chin and forehead
- Maintain glove position throughout
- Keep elbow bent and use this position for adjustability
- Field between glove shoulder and belly button
- Quiet glove

#### **Common Problems:**

- **Balancing on wrong foot**
- **Glove foot gets down too early**
- **Glove foot gets down too late**
- **Over active glove**
- **Being too high in fielding stance**
- **Back of glove is on ground when fielding ball**
- **Working above ball (high to low)**

**Stage 1: Roll ball and change speed of rolled grounders. Use 2 hands.**

**Stage 2: Roll ball and change speeds of rolled grounders. Transition to center line w/ 2 shuffles to first base.**

**Stage 3: Roll ball & throw more difficult “hops” so in-between hops are in play. This forces infielder to see / read hop and place left foot accordingly. This drill helps infielders not fall into patterns of placing left foot in same spot.**