

HITTING

THE BATTER'S BOX



Learn how being properly positioned in the batter's box will allow a hitter to attack all pitches.

HITTING LOAD



A proper loading phase and a good launch position are essential when initiating a swing. This video will show you some of the key elements.

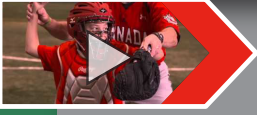
HITTING CONTACT POINT



The hitting contact point will determine the flight of the ball. Learn how to handle pitches throughout the strike zone and drive the ball to all fields.

CATCHING

CATCHER'S THROW TO 2ND BASE



To make an accurate throw to second, a catcher needs to focus on his/her throwing mechanics. This video teaches catchers the proper footwork and exchange.

BLOCKING



When a pitch ends up in the dirt, it becomes about blocking the ball rather than trying to catch it. This video shows catchers the proper technique for blocking balls in the dirt.

RECEIVING WITH RUNNERS ON BASE



With runners on base, a catcher needs to be ready to block a ball or throw out a base stealer. Learn how to position yourself accordingly.

RECEIVING WITH NO RUNNERS ON BASE



With no runners on base, a catcher needs to be in a balanced and relaxed stance. Learn how to be comfortably positioned in this situation.

SAFETY CATCH



As the last line of defense, outfielders may want to employ the safety catch. Learn how to make sure the ball doesn't get past the outfielder.

CATCHING A FLY BALL



This video covers some of the key elements for infielders and outfielders when catching a pop-up or a fly ball.

SLOW ROLLER



One of the most difficult plays for any infielder is fielding the slow roller. Learn how to charge the ball aggressively while keeping the body under control.

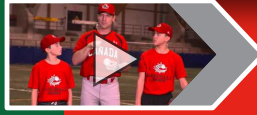
PITCHING

PITCHING FROM THE FULL WINDUP



Learn the different steps of pitching from the windup, from the starting position all the way to the follow through.

4-SEAM GRIP



This video takes a look at the four seam grip and how to position your fingers on the baseball.

PITCHING FROM THE STRETCH POSITION



When runners on base, pitchers will pitch from the stretch position. This video covers the stretch position mechanics.

THROWING MECHANICS



Pitchers must have good throwing mechanics and be able to repeat these mechanics every time they throw a pitch.

COVERING FIRST BASE



Learn how a pitcher must always be ready to cover the first base bag on any ground ball hit to the right side of the infield.

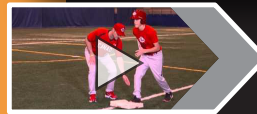
BASE RUNNING

ROUNDING 1ST BASE



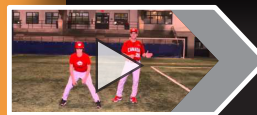
Once a hitter hits a baseball to the outfield, they know they have a base hit. The important thing now is rounding 1st base efficiently.

TOUCHING 1ST BASE



This video teaches base runners how to touch the 1st base bag without slowing down as they approach the base.

SECONDARY LEAD



A secondary lead will either help a base runner advance to the next base or, if the ball is not hit, get back to their base quickly.

HOME TO 1ST



When a hitter puts the base in play, they become a runner. Learning how to leave the batter's box efficiently.

FIGURE 4 SLIDE



The figure 4 slide is a common slide used by baseball players. This video teaches players how to get momentum going into the base.

LEAD OFF AT 1ST BASE



This video discusses the key elements of a lead off and how to determine how far you should be from the bag.

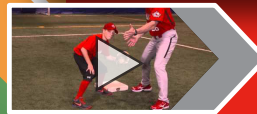
FIELDING

DOUBLE PLAY 4-6-3



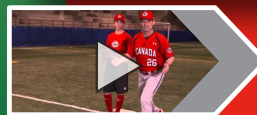
A common double play in baseball is the 4-6-3 double play. Learn the process for completing this exciting play in this video.

TAG PLAY



Receiving a throw from the catcher while avoiding contact with the base runner is a difficult play. Learn proper position for middle infielders in this video.

CATCHING A BALL THROWN BY AN INFINDER



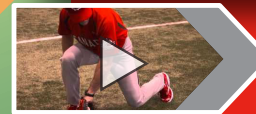
One of the 1st baseman's main responsibilities is fielding throws at the 1st base bag from his infielders. Here are the key points to consider.

GROUND BALL STRAIGHT



One of the most common plays for an infielder is fielding a ground ball. This video provides tips on fielding a ground ball that is hit directly at an infielder.

BACKHAND



Not every ground ball is hit right at an infielder. This video shows you how to move to your backhand and field the baseball.

REST AND READY POSITION



Position players must learn the rest and ready position, to be ready to react to a ball in play. This video shows players how to prepare to make a play.