

Buzzword	Player position	Description
get ready position	all players	Athletic position that should be assumed prior to each pitch with knees slightly bent, shoulders squared to home plate, and the glove out in front.
wide base, butt down, hands in front	infielders	Proper ground ball fielding position. Wrist also should be relaxed with fingers of glove pointing down.
shuffle, throw, and follow	infielders	Proper way to throw after fielding a ball.
four-seam grip	all players	A four-seam grip always should be used when throwing to a teammate.
feet	pitchers	First link in the pitching chain. Refers to the first step back, which should be very short, and the pivot foot, which should be parallel to the rubber, but still touching it.
balance position	pitchers	Second link in the pitching chain. Pitcher should lift leg to a point where he or she can maintain balance, gathering energy before going forward.
power position	pitchers	Third link in pitching chain. Pitcher removes the ball from the glove, taking it down, out, and up with the hand on top of the ball to a point where the elbow is above the shoulder and the hand and ball are pointing away from the target. Weight is back and front arm/shoulder are pointing toward target.
rotation	pitchers	Fourth link in pitching chain. Arm comes forward, with elbow above shoulder, forming an L at release point. Hand shifts behind ball. Front foot is pointing toward target and front side pulls down, creating torque.
follow through	pitchers	Fifth link in pitching chain. Pitcher should attempt to end up in proper fielding position. Takes care of itself if first four links are correct.
line up the door-knocking knuckles	batters	Bat should be held loose in the fingers with these knuckles aligned to unlock the wrists and improve bat speed.
plate coverage	batters	Stance should allow the batter to cover the entire plate with the barrel of the bat.
go back to go forward	batters	All good hitters have a weight shift. Gather the energy to the back side before exploding forward. Movement should be straight back and straight forward. "You have to go back to go forward."
short and soft	batters	The stride should be short and soft so that the head and eyes remain on the same plane. Stride should be toward the pitcher.
get to it and through it	batters	Swing should be quick and directly down to the ball. Bat should be speeding up through the hitting zone to create a follow through in which the bat wraps around the front shoulder.

let the ball travel	infielders	When receiving throws for tag plays, infielders should not reach out to catch the ball. It will get there quicker if the fielder lets the ball get all the way to him or her.
ball, eyes, glove	all players	Eyes are our most important tools in baseball. All balls should be caught so that the eyes can see the ball actually go into the glove. Ground balls and throws are caught out in front of the body. Fly balls are caught with two hands above the head so that the glove does not block vision.
pick it up with the bare hand the first time	all players	When a ball has been dropped or is stationary on the field, players should take the time to make sure that they pick it up successfully with their bare hand the first time.
don't stretch too soon	first basemen	See where the throw is going before taking the glove and glove-side foot toward the throw.
be a big target	first basemen	Stand up tall with only a slight bend in the knees to be a bigger target for teammates.
best pitch in baseball is strike one	pitchers	Always try to work ahead in the count.
flip and follow	infielders	Players always should generate momentum toward their target and follow the ball when executing an underhand flip.
perfect practice makes perfect	all players	You won't get better unless you try to practice skills exactly the way you are supposed to do them in games.
point the front shoulder	all players	When throwing, the front shoulder should always point directly toward the target.
step toward the target	all players	When throwing, the foot opposite the throwing side should always step directly toward the target.
give a target	all players	Players receiving throws should always present a target with two hands, fingers up, in front of the body.
catch the ball on the bat	batters	When bunting, players should think about giving with the pitch as if they are trying to catch the ball on the bat to help deaden the bunt.
elbow above the shoulder	all players	When throwing, the elbow should always be above the shoulder at the release point.