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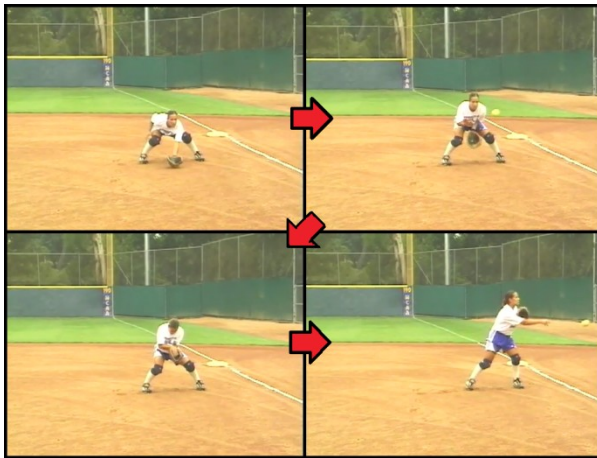
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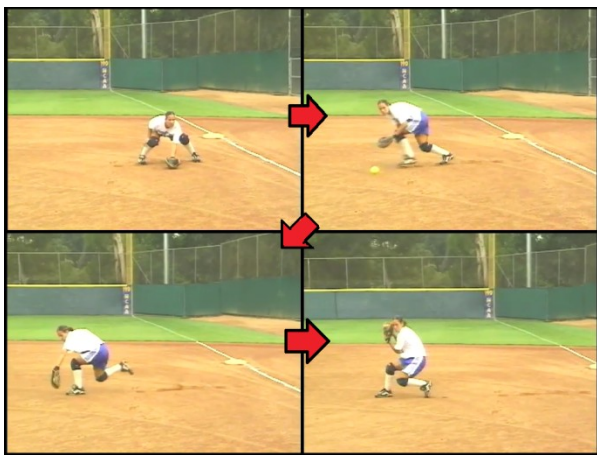
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Let's take a look right now at ground ball series at first base.

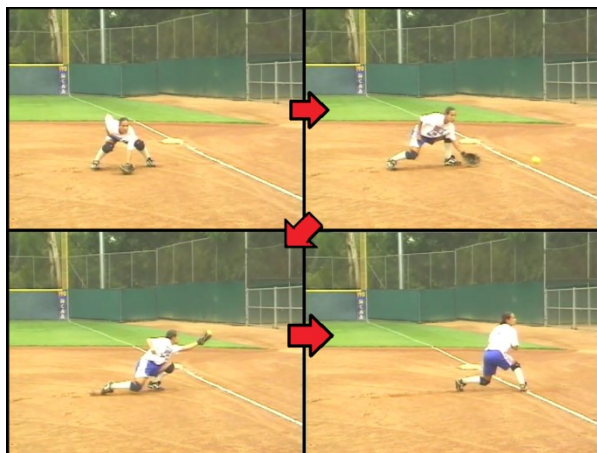
Right now, this first series, Toriah's going to just work fielding the ground balls left, right, shallow, and working footwork with no throw. Then we'll go ahead and proceed into the ground ball series where she'll actually be throwing to the bases.

Now we'll go ahead with the ground ball series. We'll mix it up and Toriah's going to work footwork.



One. One. She's working on just setting her feet in line with the intended target or base. Two. She rotates around, switches her feet as quickly as possible. Two. Two. Three. Three. Three. Two. Home. Home. Home.

Right now we're going to go ahead and look at the ground ball series. Toriah's going to field all the series of ground balls and she's going to actually set her feet to the appropriate base and throw it. So we're now going to put everything into play.

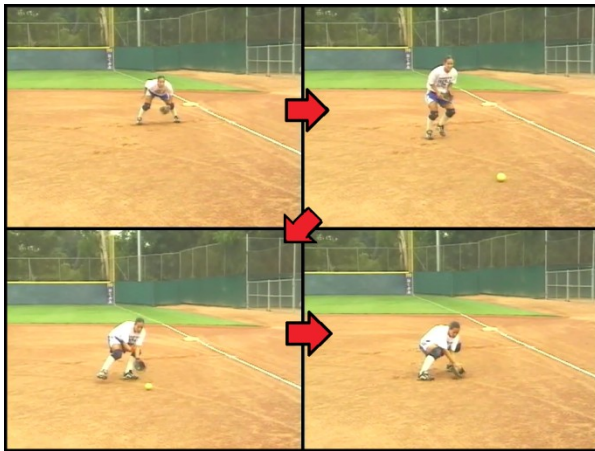


Let's take a look right now at ground ball series to first base with throws.

She'll work the short throw. Just a little shovel toss. Medium throw. You'll notice that she does a good job of pointing her toes to the foul line, lining up the ball on her load side, staying balanced, and releasing the ball.

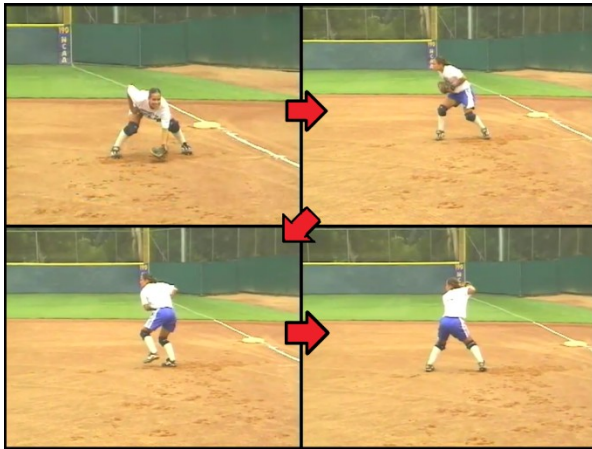
Now we have the long throw. The bunt.

The key is to make sure that she's balanced on her throw so she keeps that throw inside the base line to make it easier on the second baseman receiving the ball. Watch how she does a good job of her stride foot point towards the base.

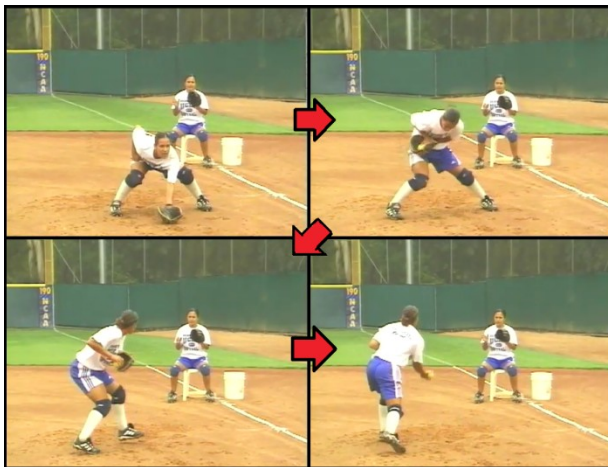


Now we're going to look at the ground ball series, first base is now going to throw the ball to second. Both on the short throw, medium throw, and long throw. Take a look at how quickly she switches her feet, lines up her target, and throws strikes to the intended target, which is second base. Let's take a look.

Once again. she's throwing to the receiver who's sitting on the bucket to emphasize accuracy on the throw. Now we've got the long throw. Notice how she sets up her feet to be able to rotate and throw to second base on the long throw.



Let's take a look at the ground ball series now where the first baseman's going to be throwing to third base, both on the long, medium, and the short throw. Let's take a look.

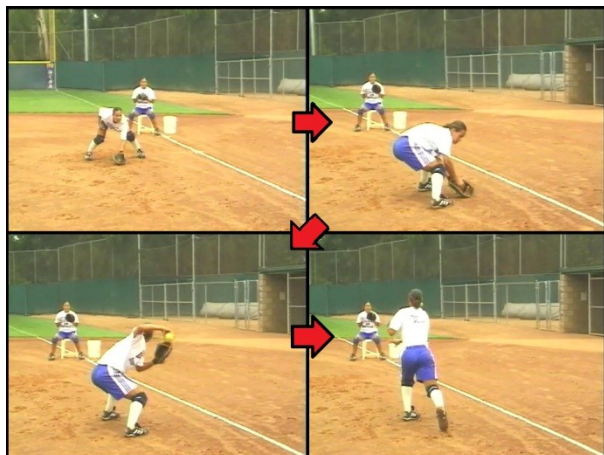


As a coach, if you have a weak side on the infielder, you can go ahead and just continue to work, let's say, their backhand. Or if they have a weak forehand, you can just drill them with the forehand all day long until they master that. If they have good solid fundamentals, then you can mix it up both forehand and backhand.

Okay? Let's go ahead and go medium throw. You'll notice that Toriah decelerates on time so she doesn't have wasted steps after she approaches and fields the ball.

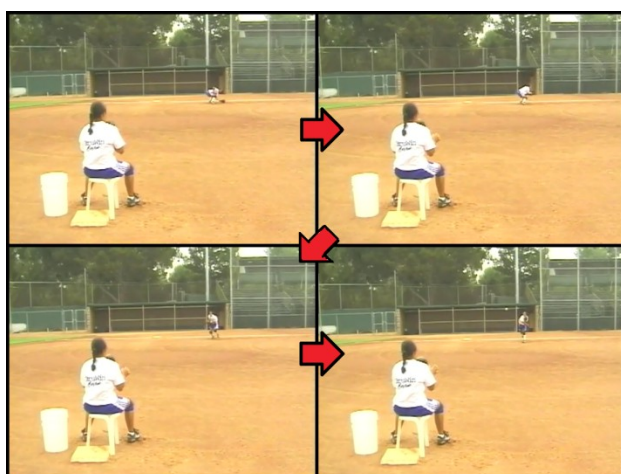
Notice how she does a good job of using her quadriceps muscles, her quad muscles, to field that ball out in front. Switch her feet in line with the target.

Let's take a look at the first baseman now fielding the ground ball progression throwing home. Both the long, medium, and short throw.



Notice how she switches her feet, sets up the throw, stride foot in line with the target. Good job, T. Going medium throw. This is where the infielder has to do a good job of adjusting their throw to allow the catcher time to react to the throw.

Once again, she's working on throwing on the tag side to help out the catcher. Belt down toss enables the catcher to stay low in her stance when receiving the ball.



You'll notice that Toriah does a good job of running through the ball, staying low, and making a nice shovel toss to the catcher. Once again, this is a ball that's traveling very slowly and she can pick it up with her bare hand and work on her shovel toss. You'll notice the hand doesn't go above the shoulder and she doesn't cock the wrist.

Let's look at the drill for the first baseman involving tags at first. Possibly a runner that's gone off too far, or a preset play where you're going to pick somebody off. Two ways to do it.

A forehand tag and a backhand tag. As a coach, whichever system you use, the key is to make sure that you master your system.

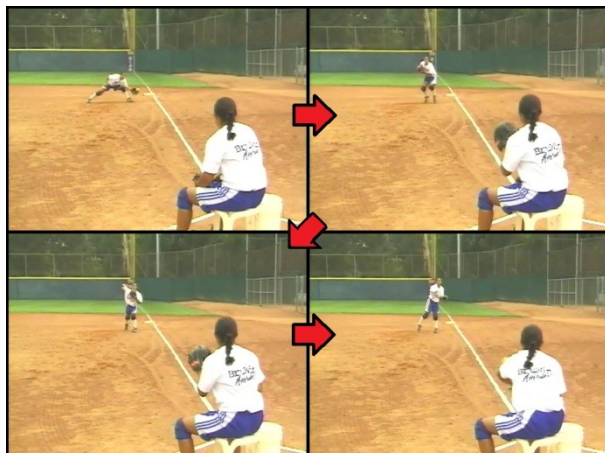


Let's take a look at both ways to work the tag at first. Forehand and backhand.

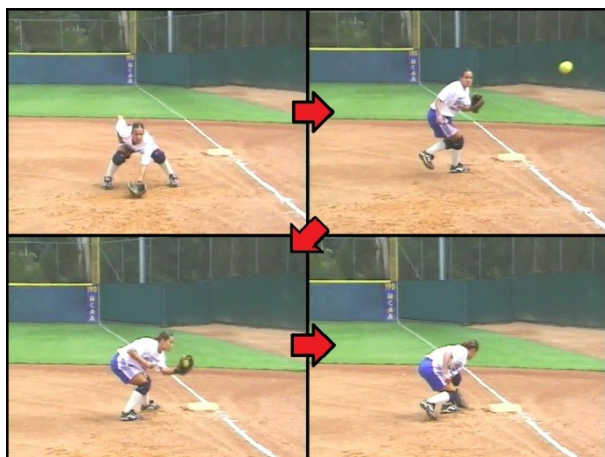
Right now we're going to take a look at the forehand tag, where she's able to go ahead and tag with her forehand and getting that runner that's caught off the base. She's working on drop step, being quick, receiving the ball, and making a vertical tag to the base.

Now we'll go ahead and take a look at the backhand tag. Once again, the runner's off.

She sets her feet and then makes the tag. You'll notice that she takes a quick sneak peek at the base so she knows how much time she has before she has to set her feet and make the tag.



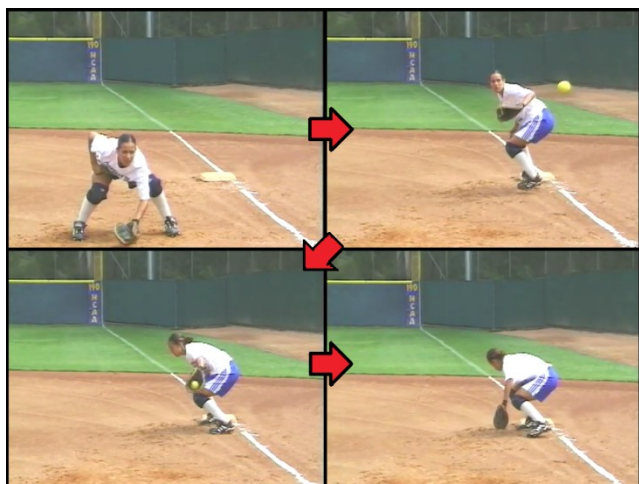
You'll notice that she sets up at the front of the base because she doesn't have time to straddle. Now if by chance she has time to straddle, you can go ahead and see her straddle right now. If she's deep on the base, she can block the base. If you as a coach or a player have that system intact where you are actually are blocking the base. Good.



Let's look at first base fly ball communication. Toriah's going to work on dropping back on her forehand and her backhand side, and she also has to work communicating with the outfielder. Once again, remember you have a communication system in place.

outfield take precedent when both the infielder and the outfielder call it.

Ball goes up, it goes down, somebody's got to call it by peak flight. If you have a conflict with two infielders and an outfielder, set your precedent. At UCLA we have the

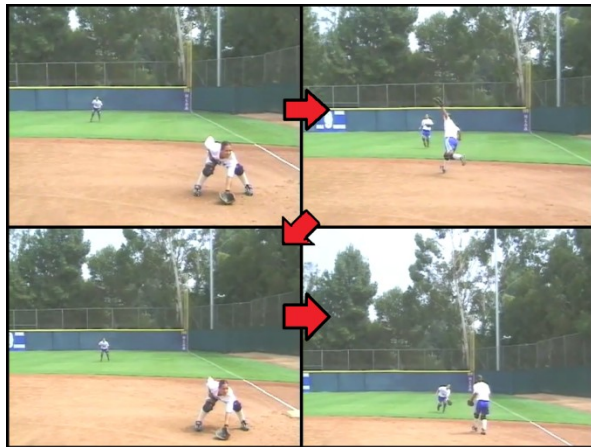


Let's take a look right now, fly ball and fly ball communication at first base.

Ball, ball, ball, ball. You'll notice that Toriah does a great job of dropping back quickly, staying on one line of the ball, and making the catch. Ball, ball, ball, ball. Ball, ball, ball. Ball, ball, ball. Ball, ball. Ball, ball, ball, ball.

Let's take a look at the foul ball fly ball, working with the side fence. The key here is to make sure that the first

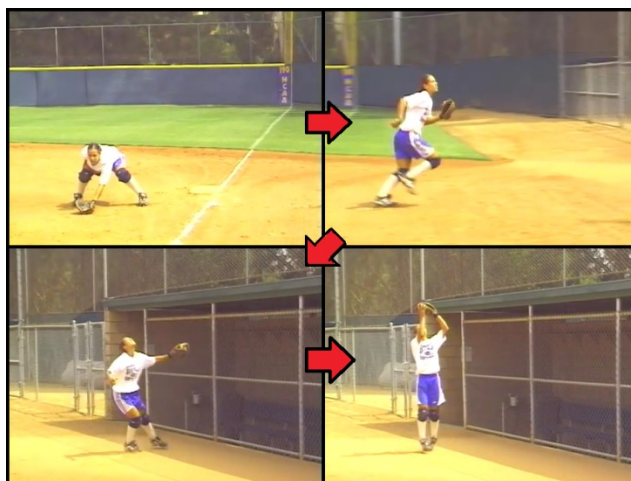
baseman feels comfortable going right up next to the fence. We never want that ball to thread the needle, meaning between the infielder and between the fence. So go all the way to that fence and if you have to, move back towards the field of play.



Let's take a look right now at the fly ball that's a foul ball on the side fence.

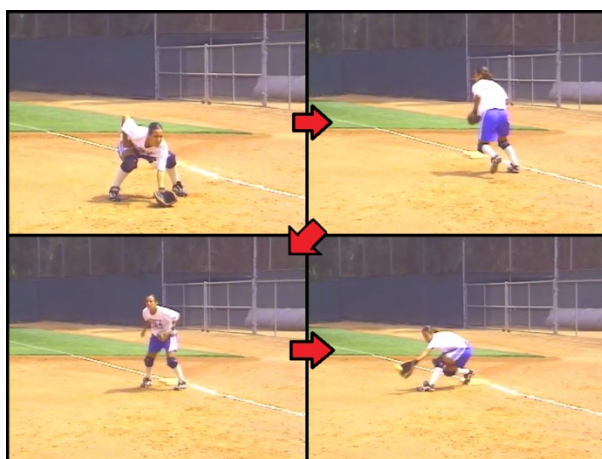
Ball, ball, ball. You'll notice that Toriah does a good job of getting to the fence, finding the fence and then moving inward towards the field of play.

The responsibility also of the first baseman is to do a good job of being able to field the poor throws from her other fielders.



So a good drill series to incorporate in your practice plan is to have the first baseman work on dropping back towards the infield side, getting back in position to cover first base, setting her feet, and work the proper mechanics on receiving the throw, glove foot out, and being able to catch the strike.

Being able to catch the ball that's in the dirt, and being able to catch the throw that is wide and high where she has to go ahead and release her foot, make the catch, and tag the runner coming in.



So let's take a look at that ground ball series and those wide throws that are all involved with playing first base. It's important that you build confidence with your first baseman in fielding those balls that are in the dirt.

Many times if you have a player that is a little bit afraid of the ball, you can go ahead and use the softie balls and practice throwing the balls in the dirt as she plays first base and holds down the position.

As she gets better you can go back to a normal regulation softball. You can also put catcher's equipment on them so they can be more confident in working on their glove work when the ball is in the dirt.

Let's take a look right now at the wild throws that sometimes occur while playing first base. I recommend that the coaches go ahead and throw those poor balls. We don't want our other infielders practicing bad throws.

We work on this drill quite a bit, but we do this in a manner that is safe. Make sure that the field of play has been raked out and all the bounces are as true as possible. Remember, safety's important on this drill.

Notice how Toriah does a good job at keeping her head down on the ball, her glove out away from her feet. She switches her feet to make sure that her glove foot is stretching towards the throw that's coming in. She stays low to the ball and remains confident in receiving it.