

3B - MEDIUM GROUND BALL - TO FIELDER'S RIGHT

FIELD GROUND BALL TO FIELDER'S RIGHT

Medium speed ground ball with average to above-average runner







- As fielder gets close to ball, they get their body under control with the knees bent - allows upper body to get the arm down to the level of the ball
- 2. Ball is fielded outside the LEFT foot (Field Left) shoulders align toward 2B
- 3. Exchange the ball in the middle of the body
- Ball is thrown when player is on the RIGHT foot (Throw Right) shoulders align with 1B target
- 5. Follow the throw in a straight line toward the target











