



CAROLINA VOODOO BASEBALL

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7Fs of Infield Play

As baseball coaches, we are constantly looking for ways to make the kids better. We want to use systems to teach the kids that are easy for players, parents and other coaches to remember and understand. When everyone uses the same language the message sinks in. My high school baseball coach was very well connected and invited a gentleman named Perry Hill (current infield coach for MLB's Miami Marlins) to come in and work with the infielders. Perry used alliteration to help us remember the correct fundamentals of infield. I have tweaked his system over the years. We will focus on the **7F's** of infield play. The 7 steps with explanations are:

FOCUS – before the pitch assume the “ready position” and make sure you know the situation and have an understanding of where to go with the ball. We also talk about what FOCUS stands for... we use **F**ielders should know the **O**uts, **C**ount, and **U**nderstand the **S**ituation.

FEET – make sure that you move quickly to get in front of the ball. If the ball isn't coming to you, use your **FEET** to get to your assignment.

FIELD – create a wide base with your butt down. Get your hands out in front so that you can see the ball and the glove in the same view. This helps when fielding unpredictable bounces.

FUNNEL – For beginners we teach this method of having “soft hands”. With the glove out in front, once the ball enters the glove they should use both hands to bring the ball back to the center of the body at chest level so they are in the correct position to separate the hands and make an accurate throw.

FOOTWORK – This actually occurs simultaneously with the **FUNNEL** when done properly, but in this step, we focus on moving your feet in the direction of your target without crossing over.

FIRE – we will focus on the aiming and putting the ball in the middle of the chest of the target. This is often referred to as “putting it in the frame”. We want the ball thrown hard on a line and not “lobbed” or “rain-bowed” to the target.

FOLLOW-THROUGH - If the first 6 steps are done correctly then momentum should carry the player towards their target. If players are falling off to one side then we need to back up and correct one of the previous steps.