

# FIELDING GROUND BALLS

## TECHNIQUE (With a glove or without a glove)

- Keep feet shoulder-width apart with weight on the balls of the feet.
- Bend knees and hips so the back is parallel to the ground. Keep the hands down and slightly forward, just touching the ground with the palms up.
- Keep the head down and watch the ball all the way into the glove or your catching hand.



- Field the ball in the middle of the body.
- Bring the ball into the middle of the body, step toward the target and throw.

