



## **MIZZOU'S BALL EVERYDAYS**

1. Playing catch with catching fundamentals
  - a. Catching the ball
  - b. Nose to knuckles
  - c. Butt below the ball
  - d. Turtle
  - e. Blocking the ball – nothing gets past
2. Glove Work
  - a. Transfers & footwork
3. All Throws
  - a. Long
  - b. Short
  - c. Bow and Arrow
  - d.  $\frac{3}{4}$  Sway
  - e. Different body tilts
  - f. Dart throws
  - g. Feeds
  - h. On the Run
    - i. High Hop – catch on left foot
    - ii. Straight – pick up on right foot
    - iii. Glove side – pick up on left foot
    - iv. Back hand – shuffle through
  - i. Step-catch-throw
  - j. Run Down throws
  - k. All flips
    - i. Backhand
    - ii. Forehand
    - iii. Glove Flips – forehand/backhand
    - iv. Behind the back
      1. Glove flip
      2. Forehand flip
4. All Footworks – Instep points in direction of throw. Ball direction dictates footwork
  - a. Force play – shuffle step
  - b. Force play – instep kick
  - c. Force play footwork with forehand or backhand catch
  - d. Forehand, glove hand side – Power step
  - e. Back hand – Jam step
  - f. Back hand – Open step
  - g. Jump Turns – ball direction dictates turn



## 5. Ground Balls

- a. Straight on—Lateral step first
- b. Forehand
- c. Backhand
  - i. Cross over step – drop outside knee
  - ii. Open step – drop inside knee
- d. Short hop – straight on, forehand, backhand
- e. In-between long hop, in-between short hop
- f. Shuffle through backhand
- g. Drop step ground balls
- h. Slide Dives – right and left knee
- i. Tripod technique
- j. Screen the fielder
- k. Outfield One knee
- l. Outfield do or die – throw on the run
- m. Outfield Routine

## 6. Fly Balls

- a. Routine – perfect fielding position
- b. Drop step right and left side
- c. Drop step – right/left shoulder running catch
- d. Lateral cross over running catch – right and left side
- e. Forward step – no false step
- f. Sliding catches – bent leg
- g. Diving catches – Right, left and straight on
- h. Shoe String catches
- i. Playing the sun
- j. Do or Dies
- k. Fence Work – find the fence, climb the fence

## 7. Tags

- a. Over right shoulder tag
- b. Over left shoulder tag
- c. Wrap around tags
- d. Drop and up
- e. Sweep

## 8. Misc.

- a. Barehand the boot
- b. Relay throws with fake throws
- c. Quick Release