

SIGNS (1.a.-1.f. are Samples)

1. Signs to the Batter from the 3rd Base Coach:
 - a. Fake Sign – Any sign where the coach doesn't touch his nose first (you should wait for a real sign to follow or just do what you did last time if nothing else is given).
 - b. No Sign – Just do what you did last time (coach fell asleep!).
 - c. Bunt – Hand on Nose then to pulling the Ear.
 - d. Fake Bunt (Take) – Hand on Nose then to Ear then Pounding Fists.
 - e. Fake Bunt (Hit Away) – Hand on Nose then to Ear then to Stomach.
 - f. Hit Away – Hand to Nose then to stomach.

2. Signs to the Runners from the 3rd Base Coach:
 - a. Steal – Hand to Nose then to Sliding on the Arm (Sign to runners at 1B and 2B will be individually given – look at the coach).
 - b. Yells "Back" – Get back to 2B or 3B.
 - c. Yells "Stay Up" – Don't slide into 2B or 3B. Otherwise you need to slide at 2B if a fielder is waiting at 2B and the 3B coach is not telling you to go to 3B.
 - d. Point at 2B – Take a turn at 2B but stay near 2B.
 - e. Wave both arms in circles – Runner going to 2B should go to 3B.
 - f. Wave left arm in a circle – Runner going to 3B should go home.
 - g. Both Arms in the Air – Round 2B and find the ball or round 3B, find the ball and go home if you can.
 - h. Coach on one knee and pointing arms down at 3B – You need to slide into 3B.

3. Signs to the Runner going to 1B from the 1B Coach:
 - a. Yells "Run Through" – Run over and through the orange 1B base fast as you can. Make a turn into foul territory, find the ball and get ready to run.
 - b. Yells "Short Turn" – Make a short 5 foot turn past 1B towards 2B. Find the ball and listen to the 1B coach.
 - c. Yells "Wide Turn" – Make a longer 10 to 15 foot turn past 1B towards 2B. Find the ball and listen to the 1B coach.
 - d. Wave left arm in a circle and point to 2B with right hand – Runner is to go to 2B as fast as possible.
 - e. Yells "Back" – Hustle back to 1B.
 - a. Remember – Once you're headed to 2B after you make your short or wide turn, you watch the 3B coach.

4. Signs from the Batter to the 3B Coach:
 - a. Circle Fingers – Please repeat the sign.
 - b. Shrug – I forgot the sign! Ask umpire for time and talk to 3B coach.

First Baseman (1B) Position

1. Play close to the base, 5 feet in front and 5 to 10 feet off the foul line.
2. Does not charge on a bunt, but covers 1B instead.
3. Straddles the base while waiting for a throw. When the throw is made to them they place their foot (which is the foot that is opposite their glove hand) on the base.

4. If the throw is off target, they leave the base and get the ball.
5. The most they move are two steps to the right on a ground ball; otherwise they let the 2B get the ball.
6. After every pitch they go back to 1B if there is a runner on 1B. Get ready for a throw if the catcher throws the ball to you after the pitch.
7. 1B takes a ball out every inning to warm up the infielders.

Second Baseman (2B) Position

1. Backs up throws from catcher on a steal attempt by standing 10 feet behind SS who is taking the throw at 2B.
2. Takes the throw from the catcher on a steal attempt when there are runners on 1B and 2B.
3. Any ball hit into RC and RF they go out a little to take the throw from the outfielder.
4. If the ball is hit into LF or LC or to the left side of the infield (including the right side of the pitcher), they must cover 2B.
5. Any ball hit to the pitchers left side they must back up the pitcher in case she misses it.
6. After every pitch back up 2B with a runner on 1B.
7. After every pitch cover 2B with a runner on 2B.
8. Your right foot should land on the base when receiving a throw from SS or 2B and your left foot points to 1B if you will make a throw.
9. Straddle 2B when receiving a throw from the outfield and then touch the base with the correct foot if the ball gets to you.

Third Baseman (3B) Position

1. Plays up (20 feet from 3B) and less than 5 feet off of the foul line for the bunt until there are 2 strikes on a batter. When there are 2 strikes, they move to 5 feet in front of 3B and 5 feet off of the foul line.
2. Lets the SS cover the base on steal attempts with less than 2 strikes on a batter. They must "duck" and let the catcher throw the ball over them to the SS covering the base.
3. Takes the throw from the catcher on a steal attempt when there are 2 strikes on a batter.
4. After every pitch cover 3B with runners on 1B.
5. After every pitch, duck with a runner on 2B and less than 2 strikes. If there are 2 strikes, then cover 3B.
6. Straddle 3B when receiving a throw from the outfield and then touch the base with the correct foot if the ball gets to you.

Shortstop (SS) Position

1. Takes the throw from the catcher on a steal attempt when there is a runner on 1B. Straddle the base with the left foot on the back corner and let the ball come to you (don't reach). If it is wide of the base move off the base to get the ball.
2. Any ball hit into LF and LC they go out a little to take the throw from the outfielder.
3. If the ball is hit into RC or RF or to the right side of the infield (including the left side of the pitcher), they must cover 2B.
4. Any ball hit to the pitchers right side they must back up the pitcher in case she misses it.
5. After every pitch cover 2B with a runner on 1B.

6. After every pitch cover 3B with a runner on 2B and less than 2 strikes on the batter. If there are strikes on the batter and a runner on 2B then back up 3B (10 feet behind the base standing on the foul line).
7. Your right foot should land on the base when receiving a throw from 2B or 3B and your left foot points to 1B if you will make a throw.
8. Straddle 2B when receiving a throw from the outfield and then touch the base with the correct foot if the ball gets to you.
9. SS tells to infield and outfield how many outs there are and makes sure everyone is ready for the next pitch.

Catcher (C) Position

1. Glove up before the pitch. Right hand behind your back with no runners on base. Right hand should be behind your glove with runners on base.
2. Flip your glove down if the pitch is low or you need to block it. Always block the ball or runners can steal easily.
3. Shuffle feet to one side or the other as needed to catch the pitch or block. Do not just stick your glove way outside or inside to get the ball unless you have no other choice.
4. Feet Placement - Left foot on an imaginary line behind home plate.
 - a. Right foot 1 to 2 inches behind that line with no runners on base.
 - b. Right foot 3 to 4 inches behind that line with runners on base!
5. When you throw the ball to 2B or 3B on a steal attempt, do not put a wrist snap on your throw like you and all other fielders do when they throw the ball. The ball is thrown with a backspin to keep it in the air longer.
6. When you throw to 2B or 3B do not take many steps (no at all if you can help it) to get your throw off. Always throw the ball unless the coach tells you to hold it. Bring your glove back to your throwing hand.
7. For bunt coverage, the catcher calls who (pitcher, 3B or herself) should get it and where to throw it. When the catcher gets the ball, her chest must be directly over the ball while picking it up.
8. Throw every pitch back to the pitcher who is in the circle. You can stare down a runner who is way off base by moving straight at the runner until she moves one way or the other. You can then try to throw her out.
9. On a force play at home put your left foot above the left corner of the plate with your left leg facing the runner. Push the ball and your glove into the runner's feet (don't tag them high on their body).
10. Throw your mask to the side on bunt attempts.
11. Hold your mask on pop-ups until you find the ball then toss your mask to the side if you have time.
12. Throw your mask to the side when receiving a throw at home plate if you have time.
13. Back up throws to 1B when there are no runners on base.

Pitcher (P) Position

1. You must warm-up properly before every start. You should spend at least 20 minutes doing wrist snaps, L's and full motion pitches.
2. You need to field all bunts directly at you or to your left if the catcher or 3B cannot get them.
3. On pop-ups you should only field the ball if the catcher, 1B or 3B cannot field them.

4. Back-up 3B on deep balls hit into LF and LC with a runner going to 2B or 3B.
5. Cover home plate when the catcher is chasing a ball in the backstop or when the catcher is involved in a rundown.
6. Except for the above cases where you leave the circle, stay in the circle to receive throws from your infielders and outfielders. Once you have the ball the runners must decide to go back to a base or try to advance to the next base.
7. Keep your eye on the lead runner first before you check other runners.
8. Once your pitch is done you get in your "READY" position just like the infielders so as to be ready for a line drive hit right back at you.
9. See the handout on the basics on pitching.

Outfield (LF, LC, RC, RF) Positions

1. There are 4 outfield positions – left field (LF), left center (LC), right center (RC) and right field (RF). All are very important positions in Fastpitch. Everybody moves on every pitch (no picking daisies out here).
2. Remember your basic stance (knees slightly bent, arms out in front of the body, glove resting on leg). Rock on your toes on every pitch.
3. Run as fast as you can to the spot where the ball will go, turn and get set before the ball is there.
4. Run in on a ball hit weakly past an infielder. Don't wait for the ball to get to you.
5. When running to the ball, keep your glove down until you need to use it.
6. Catch a fly ball above your head (about 1 foot above your head).
7. Back-up throws from an infielder to a base:
 - a. LF backs up throws from the C or other infielders to 3B.
 - b. LF and LC back up throws to 2B from fielders on the right side of 2B.
 - c. LC backs up throws from the catcher to P or 2B.
 - d. LC covers 3B on a bunt attempt where the 3B has moved way in and the SS is covering 2B. That will leave no one covering 3B!
 - e. RC and RF back up throws to 2B from fielders on the left side of 2B.
 - f. RC backs up LC when LC backs up the throw from C.
 - g. RF backs up throws from C or other infielders to 1B.
 - h. All outfielders back up infielders on ground balls hit to the infielder in case they miss it.
 - i. If you see a base not covered by an infielder and runners are on base, go cover it if you think the infielder is not paying attention.
 - j. Back up the outfield on each side of you on balls hit to them.
8. Call "MINE!" when a fly ball is hit to you in the air or on the ground so EVERYONE on the field can hear you. You don't want to run into the outfield next to you.
9. Throw the ball to the cutoff fielder on a deep ball hit to you. LF and LC will throw to the SS. RC and RF will throw to second baseman.
10. If you're close enough to a fielder covering a base, throw the ball to them if you can get a runner out. If you can't get a runner out and you're close enough, throw the ball straight to the pitcher.
11. Remember to block the ball properly on a ground ball. You put your knee of your glove leg (left leg for a right hander) on the ground. Do this unless you need to quickly scoop the ball up and throw it quickly.
12. On a fly ball your first move should be to move backwards with the proper shoulder turned towards the outfield fence. Once you figure out where the ball is going you can adjust your body.

13. Remember, you should be moving somewhere on every pitch even if you're just rocking on your toes towards to batter!
14. When you try to throw out a runner, throw to the next base they are going to and do not throw "behind" the runner.
15. LF and RF take a ball out every inning to warm-up the fielder next to you.

Fielding

1. Infielders - Be in your READY position before every pitch. Your glove is OPEN facing the batter and nearly on the ground. You are in your crouched position. Your throwing hand is up, ready to bat a ball down away from your face. Your feet are squared and more than shoulder width apart.
2. Infielders – Get in front of the ground ball. Use your backhand and forehand only as a last resort.
3. Infielders – Scoop or shovel the ball in front of you with your glove centered between the legs.
4. Infielders – Tag the runner with your glove low and tag their feet.
5. Infielders – When a runner is stealing, wait until the batter either misses the pitch or decides not to swing before you go run to cover your position.
6. Rundowns – When a runner is caught far off base and you have the ball, run straight at her until she moves one way or the other. Do not fake a throw until she moves and force her back to the base she came from before throwing soon enough so you can throw her out.
7. Bunt Coverage – When a batter is bunting the entire infield must yell "BUNT!" so everyone can hear it. Remember to wait until the ball is bunted before to start running to your position in case the batter decides to hit the ball instead.
 - a. With No Runners on base (The throw is to 1B):
 - P – Charges the bunt, makes the throw, then goes back to circle
 - C – Charges the bunt, makes the throw, then goes back to cover plate
 - 3B – Charges the bunt, makes the throw, then goes back to cover 3B
 - 1B – Cover 1B
 - 2B – Backs up 1B
 - SS – Covers 2B
 - LF – Backs up 3B
 - LC – Backs up throw to 2B
 - RC – Backs up behind 2B
 - RF – Backs up throw to 1B
 - b. With a Runner on 1B, 1B and 2B or 2B only (The throw is to 1B or 3B):
 - P – Charges the bunt, makes the throw, then goes back to circle
 - C – Charges the bunt, makes the throw, then goes back to cover plate
 - 3B – Charges the bunt, makes the throw, then goes backs up 3B in foul territory
 - 1B – Cover 1B
 - 2B – Covers 2B
 - SS – Covers 3B
 - LF – Goes straight over to the foul line
 - LC – Backs up throw to 2B
 - RC – Backs up behind 2B
 - RF – Backs up throw to 1B

- c. With Runner on 3B, 1B and 2B could also be occupied (The throw is to Home, 1B or 3B depending on your best play)

P – Charges the bunt, makes the throw, then goes back to circle

C – Charges the bunt if it is very short and can tag the runner coming home (step on Home is bases are loaded) or makes the throw to 1B. Otherwise she waits to receive a throw at Home plate.

3B – Charges the bunt, makes the throw, then backs up 3B in foul territory

1B – Cover 1B

2B – Covers 2B

SS – Covers 3B

LF – Goes straight over to the foul line

LC – Backs up throw to 2B

RC – Backs up behind 2B

RF – Backs up throw to 1B

Throwing and Catching

1. Present a target to the thrower when you are catching the ball. Have your glove facing towards the thrower. Have your feet positioned shoulder width apart.
2. Use two hands to catch the ball.
3. If the ball is thrown above your waist you need to keep your glove up.
4. If the ball is thrown below your waist you need to flip your glove down.
5. Only when you have to should you move your glove way to your left or way to your right when catching a ball.
6. When throwing you start by pointing at your target with your glove (or your elbow). The ball is held high, above your head. You turn sideways to start the throw. You are now in the STAR position. Step toward your target, throw the ball and finish the throw with a wrist snap. Your arm should fall down across your chest and end up near your left hip (if you are right-handed) when you finish your throw. Your body will move towards the target on your follow through.
7. Practice your swimming motion with your right knee on the ground to help you keep that nice overhand throw. Remember your wrist snap when throwing from your knee.

Base Running

1. Run to 1B in foul territory within the 3-foot line.
2. Always run hard to 1B, touch the orange base and run past it. Turn into foul territory after you past 1B, turn around and see where the ball is and listen to your 1B coach.
3. When you return to 1B you must touch the white part of the base (not the orange).
4. Take a short (5 foot) turn or wide (10 foot) turn around 1B when the 1B coach tells you.
5. Never slide into 1B unless the field is trying to tag you.
6. Get into your proper lead position and watch your 3B coach for the sign. If you're at 1B you can ask the 1B coach for help.
7. After every pitch, you need to take a good lead (10 feet) until the pitcher gets the ball back into the circle. DO NOT return to the base until the pitcher has the ball. If the catcher drops the pitch, you can steal 2B or 3B if no runner is already there (even if the coach didn't tell you to). Be aggressive when you are on base.

8. When the pitcher gets the ball back in the circle, runners must either go back to their base or steal the next base.
9. When at 3B, take your lead in foul territory. If a batted ball hits you in foul territory you won't be called out.
10. I want you to slide into 2B, 3B and Home unless the 3B coach or a coach in the dugout (for plays at home plate) tells you to "STAY UP".
11. When you are running past 1B and going towards 2B you need to pick up the signs from the 3B coach when you are a little more than half way to 2B.
12. If you are at 3B and a ball is hit to the pitcher, SS or 3B, you need to wait (after you have taken your 10 foot lead) until the ball is thrown to 1B before you can run. Sometimes the fielder will fake a throw and catch you napping.
13. You can steal a base if the catcher throws the ball past the pitcher you can steal a base. Always watch where the ball is in the field and be prepared to run.
14. You can steal 2B. You can then steal 3B on the next pitch. In your age group you cannot steal home plate (you will when you are older though!).
15. If you are on any base and there is a fair or foul fly ball, tag up and get ready to run to the next base if the coach tells you.

Batting

1. Remember your basic swing – Relax, Load, Pivot and Swing.
2. Line your middle set of knuckles up with each other. Keep your elbows in tight. Keep your feet balanced and spread apart.
3. Think as though you are going to hit the ball with your right hand (if you are a right handed batter).
4. Take signs in the batter's box with one foot in the box and one foot out of the box.
5. Review your pictures showing the basic batting swing.
6. When swinging your top hand does not go below your bottom hand.
7. Remember to "Squish the bug" with your back foot.
8. Take a full swing all the way around your back.
9. If a pitch is going to hit you, turn your back to the pitch, DO NOT duck your head. Move your body out of the batter's box away from the ball's path.