

# BASEBALL

## Ground Ball



Watch the ball as it is rolling toward you. Position your body to be directly in front of the ball if possible.



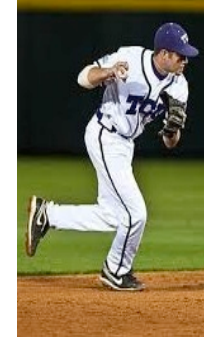
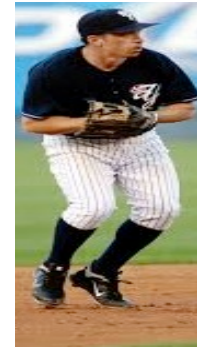
Bend your \_\_\_\_\_ and lower your bottom to get close to the ground. Estimate where the ball will roll and place your \_\_\_\_\_ on the ground at that spot.



Remember to use your \_\_\_\_\_ hand to help catch the ball.

Why?

1. \_\_\_\_\_
2. \_\_\_\_\_



Field the ball to your \_\_\_\_\_ if you are not able to get in front of it.

After fielding the ball, bring your hands to your \_\_\_\_\_. Then turn and throw to the appropriate base.