

BASEBALL

Fly Ball



Position your body and glove underneath the ball.



Use the _____ of the glove to secure the catch.



Keep your eyes on the ball as it falls into your glove. Use your other hand to _____ and _____.

After catching the ball, use a crow _____ to add more power to your throw. See the picture to the right for a step-by-step analysis of the crow hop.



Notice the glove side leg is forward when making the catch of a fly ball.

After the catch, turn the body side ways.

Hop forward, bringing the throwing side leg in front of the glove side leg.

Then explode forward with the glove side leg, uncoil and rotate your body and complete the throw as normal.