

Keys to Turning Double Play

- Charge the ball and then work body through the ball
- Footwork "CHEAT THE FOORWORK"
- Fielder must be in position before they field it and before transition of ball
- Fielder must use body movement to continue rhythm when making turns
- Create rhythm in plays, this will keep plays ROUTINE

Middle Infield Turns

Steps and Keys to Turn

- Get to the bag
- Do footwork before receiving ball "CHEAT FOOTWORK"
- Catch with two hands
- Receive ball in front of body
- Use glove and throwing hand in combination to get Rhythm and Power
 - o Body will teach Power, this will feel weak at first

Shortstop Turn

Footwork positioning

- Right foot middle of bag / just behind
- Left foot near front of bag angled toward where second baseman usually is

Body Feeling for Turn

- Receive ball in body
- Glove and right hand work together going back to get power, hips will swivel with hands and slightly bend knees
- Weight will shift very minimal with glove and arm swing, the more shift the longer it takes

Protecting the Shortstop

- Shortstop gets rid of the ball so quickly the runner has to peel out OR get down early
- Shortstop does a little hop (to avoid breaking up DP) and then falls with contact creating no resistance to the contact

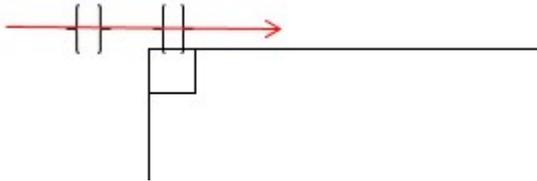
Times for Turns

- Shortstop turn while timing out and working thru bag: 1.5 – 1.7 sec
- Shortstop turn getting to bag and turning with no extra steps: 1.25 – 1.4 sec
 - o SAVES 3 TO 4 STEPS OF THE RUNNER

Second Base Turn

Footwork positioning

- Left foot(toes) on middle of bag right field side (behind the bag)
- Right foot behind bag, even with left foot in a direct line toward first



Body Feeling for Turn

- Receive ball in body
- Glove and right hand work together going back to get power, hips will swivel with hands and slightly bend knees
- Weight will shift very minimal with glove and arm swing, the more shift the longer it takes

Protecting the Second Baseman

- Second Baseman will get rid of the ball so quick the runner has to peel out OR get down early
- Second Baseman does a little hop (to avoid breaking up DP) and then falls with contact creating no resistance to the contact

Times for Turns

- Second Baseman turn while stepping back out of throw with left foot: 1.4 – 1.65 sec
- Second Baseman coming across the bag: 1.55 – 1.75 sec
- Second Baseman turn getting to bag and turning with no extra steps: 1.2 – 1.35 sec
 - o SAVES 3 TO 4 STEPS OF THE RUNNER

Making Turns from Positions

From 3rd Base

- Easiest most frequent double play turned when performed right !
 - o Player must move feet and set position before ball arrives
 - o Backhand *) side is the natural feeling of what this turn should **FEEL** like
 - o No extra steps taken with right foot !; drive off right side into throw

**) Why 5-4-3 double play is not turned:*

- *Second baseman is not there*
- *Second baseman tries to time the throw*
- *Second baseman comes across the bag => adds 3 to 4 steps to runner*
- *Third baseman resets right foot after catching ball => adds 1 ½ steps to runner*

From 2nd Base

- Basic Rules
 - o Charge the ball
 - o Ball to left: use dart throw to 1st base: gives away double play but ensures the out and limits problems
 - o Ball straight on or to right: use side flip or underhand flip to 2nd base
- 2nd Base Flips
 - o Side Flip
 - Get arm parallel with ground
 - Step with right foot to make toss with power from body, NOT ARM
 - Dribble elbow to target: => Show Your Palm to the SS
 - o Underhand flip
 - Use body motion to charge then work thru ball towards second base
 - Separate hands !!! Let the SS see where the ball is coming from
 - Allow body to make toss: NOT the arm
 - Show palm to SS
 - Follow toss for 2 to 3 steps, in rhythm with fielding ball

From ShortStop

- Basic Rules
 - o Charge the ball
 - o Ball to left : use dart throw or underhand flip to 2nd base
 - o Ball straight on or to right: Toss => use jab step (drop step) => (dart)throw to 2nd base
- SS Throw
 - o Glove and Hand move back together, this will create rhythm in body
 - o Arm parallel with ground
 - o No extra footwork
- SS Underhand flip
 - o Use body motion to charge then work thru ball towards second base

TURNING THE DOUBLE PLAY

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- Separate hands !!! Let the 2B see where the ball is coming from
- Allow body to make toss: NOT the arm
- Show palm to 2B
- Follow toss for 2 to 3 steps, in rhythm with fielding ball

From 1st Base

Toughest Turn

Tough footwork to cheat

2 Types of Footwork for first

- Work thru and keep play in front of fielder, takes 3 steps
- Cheat footwork and make play into a drop step
 - + This is dangerous footwork due to body momentum, but with practice is very quick

To make this turn 1st baseman MUST get back (2nd baseman cannot make it on time to cover 1st)

- To cover bag the fielder must work back into the line and then to the bag

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