



**Ron Mannion:** Ron was one of our most recent members to be profiled, visit our Facebook Page, or website to follow all posts.

## PLAYER/MEMBER PROFILES

Dear Members, Parents, Families and Friends, welcome to our Eagles News for the month of May.

**NEWS:** To be honest, apart from the works that are currently being done on the main diamond, due to the lockdown, there hasn't been a lot going on at all. In these times, as a club, we can always reflect on our past and present and to give our members an insight into our players and members that have contributed one way or another over the years. Whether you are a past player, committee person, a volunteer, a casual member, or even an avid supporter, we would love to hear from you by filling in a player/member profile form that you can download from our website. There are so many wonderful characters with many stories and we hope that you enjoy reading them and to familiarise yourself with them.

**BASEBALL:** On the baseball side of things, the Junior winter season is still in limbo and we should know by the end of the month if we are in a position to field our junior teams. Glenn is currently keeping in touch with parents and giving them the latest updates. If your child is interested in the U13s and U15s Winter baseball and you haven't received any information, please email Glenn: glennjmg@hotmail.com for updates. As for the pending summer season and pre-season, it is early days now, but as we know, it doesn't take long for time to fly by, so hopefully when the time comes around, we are all in a better position with the covid-19 virus and that we have the freedom to train and to look forward to the season ahead.

**COMMITTEE:** Our senior committee will be holding a meeting soon to discuss some important items for our club moving forward and into the 2020-21 summer season. Topics of discussion will be the Annual General Meeting, the postponement of our Senior Presentation Night and other club activities and goings on. As you would appreciate, it is very difficult to set dates with the current restrictions, but after the State Government makes announcements re the lifting of certain restrictions in May, we will be in a better position to make some informed decisions, we apologize for any inconvenience caused in the meantime.

**DIAMOND WORKS:** As for the on-filed works with the main diamond, there has been some delays due to the rain, but the progress is still moving along nicely and all being well, we will have the new synthetic surface to train on for the pre-season. Thank you to the members for taking photos and for keeping us updated on Facebook with the works, it is great to see the progress each time and we certainly look forward to when the new surface is laid down.

**EAGLES WEBSITE:** If you have any spare time, please have a browse of our website, as we are currently doing many updates and are working to provide you with a one stop source for all information relating to baseball, our history and vital information, all at your fingertips. Our website address is as follows: [www.sunshinebaseball.com.au](http://www.sunshinebaseball.com.au)



**NEW INFIELD:** The excavations works have been done and the crushed rock has been put down.

In the meantime, we wish you all the best in this off season of sorts, by now you should have a lot of those odd jobs around the house done :-)

### Our Sponsors

Sunshine Baseball club would like to thank all of our generous sponsors for kindly supporting us in season 2019-2020.

In these difficult times, we hope that you can return that support to them where at all possible ☺




The Juniors Skills and Eagle Fun files are on our website for you to browse, along with the results to the Spot the ball competitions. Keep active the best you can kids and please see page 2 of this newsletter for some great fielding skills tips for you to work on. GO EAGLES



# Junior Baseball Tips: Fielding a baseball

## FIELDING A BASEBALL

Although hitters get a lot of the hype in the major leagues, defence is a very, important part of winning baseball games. This is especially true in youth baseball where a wild throw or a missed grounder can lead to several runs.

### **Catching a Baseball**

One of the first skills you need to learn for baseball is catching the ball. The best way to learn to catch is to go out in the yard with a parent or friend and practice. Start close and then move back as you get better. The more you practice the better you will get at catching.

While playing catch you can work on some basic fundamentals to improve your game:

**Glove up and ready-** Hold your glove up and out at about chest height. This will make a good target for the thrower.

**Stand ready** -Don't stand back on your heels. Stand on the balls of your feet and be ready to move if the throw is off a bit.

**Move to the ball** - If the throw is not directly to you, move to the ball. Don't just stand there and reach. Move in front of the ball where you can make the best play on it.

**Eyes on the ball** - Always keep your eyes on the ball. Watch it all the way into your mitt.

**Glove position** - Most catches above your belt are made with your fingers up and thumb down. You can learn to bend your knees a bit to catch lower balls as well. However, when the ball is low or outside your catching hand, you will need to flip your glove and catch the ball fingers down. Be sure to practice this when you are playing catch.



## FLY BALLS

Everyone in the field needs to be able to catch pop fly balls. You can practice this with your team or have a parent toss you some high balls during catch so you can practice your footwork and glove position.

**Run to the ball** - The first thing to do is to run to where the ball is going. Run as fast as you can and try to beat the ball to the spot. This way you will have time to set up and make a good catch.

**Eye on the ball** - Even though you may be running to the ball, always keep your eye on the ball.

**Glove position** - Hold the glove above your head with your fingers up and your palm out. If you try to catch the ball at your waist or your side, it will be much more difficult.

**Use two hands** - Use your throwing hand to secure the ball in your mitt. This will keep the ball from popping out and will have your throwing hand close to the mitt and ready to grab the ball for a quick throw.



## GROUND BALLS

One of the toughest skills in youth baseball is fielding a grounder.

**Ready stance** - When playing the infield you should always be in your ready stance when the pitch is thrown: knees bent, feet apart, balanced on the balls of your feet, and ready to move in any direction.

**Get in front of the ball** - When the ball is hit, get in front of the ball. Your first goal is to keep the ball in the infield. Move to the ball and between the ball and the infield.

**Fielding position** - When preparing to field the ball, bend your knees and get low. Keep your feet apart and your backside low.

**Glove position** - Keep your glove low and wide open with your fingers down.

**Catch ball out in front** - Catch the ball out in front of you.

Don't let the ball get under you or to the side, this will make it much more difficult to field.

**Practice** - Practice fielding grounders to each side of you. There will be times when you can't get into perfect position and need to use a backhand grab. This should be the exception and not the rule.

