

die Position -3- der Verteidigung auf dem Spielfeld und dem Kurzzeichen -1B- ist der erste Verteidiger, auf den ein [Hitter](#) trifft. Der ideale first Baseman sollte groß und linkshänder sein. Groß um eventuelle Fehlwürfe abfangen zu können und Linkshänder aus folgenden 3 Gründen :

1. Um Grounder aufzunehmen und ohne sich drehen zu müssen zum 2. Base oder zum 3. Base werfen zu können.
2. Wegen der Leichtigkeit einen Base Runner der zur ersten Base zurückkehrt mit dem Handschuh in der rechten Hand zu berühren.
3. Mit dem Handschuh in der rechten Hand ist es einfacher Schläge in den rechten Bereich der 1. Base abzufangen.

Der first Baseman muß sich durch folgende Fähigkeiten auszeichnen :

Guter Blick und excellentes Fangen von schlecht geworfenen Bällen.

schnelle Bewegung, schnelle Beine und Füße

excellent Reaktionsgeschwindigkeit um [Grounder](#) aufzunehmen und schneller an der [1. Base](#) zu sein als der Läufer.

Der Verteidiger der 1. Base sollte eine Position im Feld einnehmen die ihm erlaubt schnell genug an der 1. Base zu sein und auf den Wurf eines anderen Verteidigers zu warten.

Wenn der [Batter](#) ein langsamer Läufer ist kann sich der erste Baseman ein wenig weiter vom Base entfernen als normal. Andererseits, wenn der Batter ein schneller Läufer ist sollte sich der erste Baseman näher an der 1. Base positionieren. Eine feste Regel für die Position des ersten Baseman gibt es nicht.

Ist ein [Runner](#) auf dem ersten Base muß sich der erste Baseman mit seinem linken Fuß an die Innenseite des Kissens und mit dem rechten Fuß zum werfenden Mitspieler stellen (umgekehrt wenn der erste Baseman Rechtshänder ist). Um einen Runner Aus zu machen stellt der erste Baseman den entgegengesetzten Fuß zur Fanghand auf das 1. Base und fängt den Ball. Ist der Ball eher im Handschuh als der Runner am 1. Base dann ist der Runner Aus/Out. Ist der Runner eher am Base als der Ball im Handschuh des ersten Baseman ist der Runner Sicher/Save.

Mechanics

Every play is yours - consistency counts. **Before the pitch...**

- Get off the line, check lead runner, think position.
- LH batter - remind pitcher to cover.
- To hold runner - back heel on bag (LH or RH), or straddle bag (RH).

On the windup...

- Lean in, balls of your feet, square to the plate.
- Glove down, butt down, head up.

On contact...

- Go straight at it (don't let the ball play you), or cover bag.

To field it...

- Short hop - scoop it on glove side, backhand stab on throwing side.
- Long hop or chopper - get behind it, plant foot, toss with no spin.

To cover bag ...

- Start with both heels, get the target up. Step off on catch, don't freeze.
- High throw - springboard off bag, step back on landing.
- One-hoppers - learn your circle and don't get locked. (The circle is the stretching range - farther out you pull in and take it on the hop.
- Check lead runners - look them back (stride towards).

Special Situations

Double Plays...

- Communicate! Who's got 1st - #1, #4, you?

Bunt defense...

- Communicate with pitcher (especially RH).
- Hard bunt - charge it.
- Soft bunt - get back for throw.

Ball at the fence...

- Feel for fence with throwing arm, get there early.
- Test the warning track before the game - count the running strides.

Tag plays...

- Glove down, runner comes to you. Swipe tag - don't freeze.

The defensive skills of the first baseman are often taken for granted. This position is the most under-rated defensive positions on a team. Defensive skills of a good first baseman can often make the difference in winning a championship.

Set & Ready Position - *With No Runners On Base:*

1. The First baseman positions himself approx. fifteen to twenty feet behind first base and about ten feet from the line. This is the normal positioning when a bunt is not anticipated and there are no runners on base.
2. Weight slightly forward, left foot in front three or four inches, knees slightly bent and weight up on the balls of the feet.
3. Glove held waist high, open, facing toward the batter.
4. Always check with the second baseman to make sure there is no mix up on ground balls hit to the right side of the infield.
5. Always focus your eyes into the strike zone, assuming that the ball will be hit in your direction.

Set & Ready Position - *Holding The Runner On:*

The purpose of this position is to receive the pitcher's pick-off throw and apply a quick tag. Secondly, if the pitcher throws to home, moving into position to field the ball.

1. Touch the inside of the bag with your right foot and stretch out with your glove hand making an inviting target for the pitcher to throw to.
2. When the pitcher throws over catch the ball and apply a tag with a sweeping motion.
3. If, the pitcher throws towards the plate move quickly into a position to field the ball.

Fielding Balls Hit To The Left Of The Pitcher:

It is the pitcher's responsibility to cover first base when the first baseman has to field the ball. Always make an unassisted putout when you can. When relaying the ball to the pitcher, the following tips will help avoid errors.

1. Wave the pitcher off before making an unassisted put-out.
2. When sprinting to the bag hold onto the ball in your bare hand, you will have better control and the ball will not fall out of your glove, since you do not have to apply a tag.
3. You can toss the ball to the pitcher quicker if you have to.
4. When relaying the ball to the pitcher use the underhand shovel type release.
5. Throw the ball at the bag so the pitcher can catch the ball chest-high as he crosses the bag.
6. After releasing the ball to the pitcher you must give him directions, if there are other runners on base.
7. When fielding balls that are hit to right, plant your pivot foot and make an over-hand throw to pitcher.
8. Communicate with your pitcher, it is his responsibility to field all ground ball that he can get to. Make sure you cover the bag if he fields any balls.

Remind him constantly to let you know what his intentions are before it is too late. On critical plays he must yell loud when he is fielding the ball.

First-base defense. The basic positioning of a first baseman depends on the batter, on the inning, and on how many outs there are. The standard position is five steps back toward the right-field wall on a diamond with 60-foot bases. (For regulation diamonds with 90-foot base paths, seven steps off the line and seven steps back is standard.) The first baseman should try for as much depth as possible without giving up the chance to field a routine ground ball and beat the runner in a race to first - yet still be able to cover a bunt.

Double-play depth depends on whether the batter bats right- or left-handed. For a right-handed hitter, the first baseman should hold the runner close, then drop back. For a lefty he should stay closer, then, when the pitch is released, shuffle off the bag.

With runners on first and second, play in front of the runner and the bag, but keep an eye on the runner so he doesn't get too big a lead. With good hitters or with those who hit to the right side of the infield, play behind the runner, then jab-step toward the bag to hold the runner. In the late innings in a close game, play closer to first base to guard against doubles hit down the right-field line.