Center Fielder (CF) Plans

This is a practice that can be done on the field as well as off. The goal is to obtain mental readiness so you can execute the plan without thinking after the ball is hit. Remember CPT:

**Control –** *Am I in my ready position? Glove on, standing in right area…*

**Plan –** *What’s my play if I get the ball; plan the play before it happens, have a backup plan; if I drop the ball then what?*

**Trust –** *Trust! Trust that you will execute your plan because you’ve already gone over it in your head.*

**Mental Checklist**

1. Control: Am I in my ready position?
2. Plan: If I get the ball. ***Center fielder strategies or RCF***

**NOTE: I’m the backup for 2nd base when plays are made at 2nd base, if they miss the ball it’s all mine.**

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| RUNNERS ON | PLAN | BACKUP PLAN |
| None | Throw to shortstop cutoff. | Throw to shortstop cutoff. |
| 1st | Throw to shortstop cutoff or 3B if runner is on the way to 3rd.  | Throw to shortstop cutoff |
| 1st, 2nd  | Throw to shortstop cutoff or 3B if runner is on the way to 3rd. | Throw to shortstop cutoff |
| 1st, 2nd, 3rd | Throw to shortstop cutoff or 3B if runner is on the way to 3rd. | Throw to shortstop cutoff |
| 2nd | Throw to shortstop cutoff. | Throw to shortstop cutoff. |
| 2nd, 3rd | Throw to shortstop cutoff. | Throw to shortstop cutoff. |
| 1st, 3rd | Throw to shortstop cutoff or 3B if runner is on the way to 3rd. | Throw to shortstop cutoff |

1. Trust!

Mastering the easy outs is a good place to start since they take less strategy. Planning the play can be done on the field and off. As a mental exercise, you can run through plays with your child in the car, on the way home from school or at home for a few minutes. The more mental repetitions they have of thinking the play the chances are higher they will execute the play without thinking once presented with the situation.