Left Fielder (LF) 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. ***Left fielder strategies***

**NOTE: I’m the backup for the 3rd base person, if they miss the ball it’s all mine. You must cover over throws that happen at 3rd base. Know when a steal to 3rd is happening and be ready.**

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| RUNNERS ON | PLAN | BACKUP PLAN |
| None | Throw to short stop cutoff. | Throw to short stop cutoff. |
| 1st | Throw to short stop cutoff. | Throw to short stop cutoff. |
| 1st, 2nd  | Throw to short stop cutoff. | Throw to short stop cutoff. |
| 1st, 2nd, 3rd | Throw to short stop cutoff. | Throw to short stop cutoff. |
| 2nd | Throw to short stop cutoff. | Throw to short stop cutoff. |
| 2nd, 3rd | Throw to short stop cutoff. | Throw to short stop cutoff. |
| 1st, 3rd | Throw to short stop cutoff. | Throw to short stop 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.