Right Center Fielder (RCF) Plans

This is a practice that can be done on the field as well as off. The goal is to obtain mental readiness so the player can execute their plan without thinking during execution. Overall concept is:

**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. ***Right fielder strategies***

**NOTE: I’m the backup for the SS, if they miss the ball it’s all mine.**

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| RUNNERS ON | PLAN | BACKUP PLAN |
| None | Throw 2nd base. | Possible throw to 3rd base if runner continues. |
| 1st | Throw 2nd base. | Hold ball, possible throw to 3rd base if runner continues. |
| 1st, 2nd | Throw 3rd base. | Hold ball, possible throw to 3rd base for cutoff (3rd base person is cutoff). |
| 1st, 2nd, 3rd | Throw 3rd base. | Hold ball, possible throw to 3rd base for cutoff (3rd base person is cutoff). |
| 2nd | Throw 3rd base. | Hold ball, possible throw to 3rd base for cutoff (3rd base person is cutoff). |
| 2nd, 3rd | Throw 3rd base. | Hold ball, possible throw to 3rd base for cutoff (3rd base person is cutoff). |
| 1st, 3rd | Throw 2nd base. | Hold ball, possible throw to 3rd base for cutoff (3rd base person is 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.