

TEACHING YOUR PLAYERS TO DIVE:

DIVING PLAYS – simple steps to make it easier



1st - See the dive from the proper height:

This is the height where a player views the ground and makes their judgment against diving. When a player is standing up, their eyes are, in most cases at least 5 feet from the ground – making it seem CRAZY to consider diving from that height



But when a player dives, they don't dive from the standing position, instead, they dive from their ready position which brings their eyes and their entire body MUCH closer to the ground. Make sure your players stay low when they begin their dive. (Note that this player has a lower ready position than a lot of players)



You'll notice when I overlay the 2 pictures that the players eye level from her ready position is at her waist height when she is standing up.





FUNDAMENTALS OF DIVING:

- 1) Stay in ready position height during the dive
- 2) Turn bellybutton and toes to location of the catch
- 3) Place bare hand on ground @ shoulder height
- 4) Stretch out to ball with glove arm
- 5) Keep body straight and glove open & to the ball (*not ground*).
- 6) After the catch – get ready to **MAKE THE PLAY** (*the next throw*)!!