

Catching - Fab Four of Catching

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Stance - Find Your Stance - Every player's stance will be slightly different than their teammate's.

- **Receiving Position**

- Feet slightly wider than shoulder width
- Weight should be on the inside of your feet for balance
- Glove arm always stays bent
- Knees are bent, squat down comfortably
- Once pitcher is set you will slide (slight smooth step) to either side to set up for pitch

- **Pitch calling position**

- Staying tight keep, your knees closer together and hand in between
- Knees pointed towards the pitcher
- Give the pitch call
- Then pop to your receiving stance

- **Drills**

- Ladder Drills - Pitch Calling position pops with string above head, Pitch Calling position with slides

Blocking - Be a Wall and Block the Ball

- **Blocking position**

- Do not try to catch the ball the goal of a block is to keep it in front
- Throwing hand behind glove and keep glove tucked back between legs
- Chest to the ground, chin to chest and keep butt off feet
- Replace your feet with your knees
- Move side to side trying to keep belly button to the plate
- Do not attack or push forward at the ball as it comes in

- **Drills**

- From knees and glove receiving position follow ball down, From receiving position block ball pop back into receiving position, Side to Side blocking

Framing - The Art of Stealing Strikes

- **Position**

- Be relaxed, subtle small movements
- Bring the outside of the ball back to the plate
- It's all in the hand, less wrist more fingers, fingers around the ball
- The ball should always face the plate
- Give the umpire a clear view of the ball

- **Drills**

- Flat glove taps - tapping the outside of the ball, Wall sit barehand receiving, two ball receiving - small ball between pinky and ring finger and catch second ball

Throwing - Throw heat, take a seat

- **Transfers**

- Bring your glove to your throwing hand
 - Keep hands high above chest but below eyes
- Go into the glove to grab the ball, don't pop it out of glove
- Don't reach for the ball let it travel deeper to the glove
- **Throwing from your feet**
 - Pop up and get to throwing position - Right handed catcher goes right foot left foot
 - Explode towards your target in a good throwing position
 - Knees bent, leg in line with target and glove elbow pointed to target
 - Don't have two hands on the ball at once
- **Throwing from your knees**
 - Start in receiving position, glove leg drops down, not to the ground, throwing leg drives you forward into your push forward
 - Throw should ultimately turn you in the opposite direction
- **Drills**
 - Transfer high five, Transfer high five and turn, Flat glove tap.. tap... transfers, Capital T drill, Slider knee drives, Target throws

Catching Conditioning Drills

- Heavy ball jump squats
- Heavy ball jump turn (Throwing side and glove side)
- Heavy ball burpees
- Plank Hold
- Mountain Climbers
- Russian Twist
- Arm Bands
 - T's, Y's, I's
 - Internal / External Rotation
 - Field Goals
 - Snow Angels

