



5 Main Parts of Catching

1. Receiving
2. Blocking
3. Throwing
4. Game calling
5. Leader/Selfless

Receiving

Stance

- Head over chest over knees
- Left elbow clears front knee

Target and hand position

- Fingers up low target
- Pre-pitch glove movement for timing
- Movement of glove straight down, back, or little to no movement is OK

What is art of receiving?

- Ability to read, react, receive, and craft the ball into the strike zone while compelling umpire to call a strike. Making balls look like strikes.

The ball will tell us everything

- Spin - pitch type, you know what pitch you called so you can anticipate!
- Speed - MPH, know the pitchers range for pitches
- Location- Up/Down/In/Out- this is the hardest to react to

Counterbalancing

- Small subtle movements with lower half that allows you to keep balance and move the baseball.
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Reach

- Arm should act horizontally and absorb force with the hands
- Low elbow can create poor leverage
- Think more absorb the ball than stick it
- Absorbing allows hand to work and to move the ball in a natural way

Flat Reception

- Flatter we are, easier it is to absorb force and larger surface area to umpire

Blocking

1. Keep ball in front of you at all costs (hockey goalie)
2. Don't go forward! Straight down or kick back legs
3. One hand vs Two hand blocking. Keep right hand closed
4. Keep chest angled down and in slightly with chin down. Follow ball into chest
5. Balls left or right lead with glove and kick hips out
6. Block and recover- quick up, barehand ball or go down two hands with glove

Throwing

1. Let ball travel
 2. Think left knee to ball
 3. Transfer in center of body with hand up into glove
 4. Right foot comes slightly forward (about a ball) Think quick feet quick hands.
 5. Keep good angle with front shoulder, not too high.
 6. Finish throw through the SS or 2B chest
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