

CATCHER FUNDAMENTALS

- Stance
 - Signal stance
 - **Primary stance** (no runners)
 - Chest up, square to pitcher
 - Foot position – even
 - Shifting – shift late
 - Glove position – Near glove side knee (elbow in FRONT of knee)
 - Off hand position – needs to be behind something – knee, ankle
 - **Secondary stance** (runners, drag bunt, 2 strikes)
 - Weight on balls of feet, butt back and up, chest forward still square to pitcher
 - Foot position – right toe to left instep (feet slightly staggered, chest square)
 - Glove position – Near glove side knee (elbow in FRONT of knee)
 - Off hand position – needs to be behind something – knee, ankle
- **Receiving / Framing**
 - Do not sway to pitch – move your glove and keep body as quiet as possible
 - Glove should not move when ball hits – beat the ball to the spot, but don't extend out to the ball (keep depth)
 - Catch the ball between index finger and thumb (use tennis balls or incrediballs to practice)
 - Make every pitch look the same by keeping your glove at the same angle. Avoid getting around the ball.
 - Catch a low pitch further out in front of you to try and get the strike (scoop and roll)
 - Drop glove side ONLY on an inside pitch (avoids handcuff) or low pitch (allows you to get lower).
 - Catch ball out front with flexed arm
 - Thumb position – do not let thumb point to the ground
- **Blocking**
 - Anticipate the ball in the dirt – know the pitcher, know the pitch
 - To keep the ball close to the body, beat the ball to the spot so you can minimize movement as ball makes contact.
 - Direct the ball beneath you, not back to the plate.
 - Body position
 - Glove and legs must close the “5 hole.”
 - Chest leaned **slightly** forward (deadlift position)
 - Elbows bent and tucked to the sides to keep your body wider.
 - Shoulders rounded forward.
 - Chin tucked
 - How to get to position
 - Fall forward (moves you toward ball)
 - Replace feet with knees (keeps you deep)
 - Balls to the side
 - Push with offside leg
 - Angle slightly (not around, not perpendicular)
- **Footwork – Transfer - Throwing**
 - Mechanics to 2B
 - Footwork
 - Replacement technique
 - Jab step – right foot lands first in front 6 inches along midline, then left foot (left foot not completely closed or completely open—45 degrees)
 - Pivot technique – when ball is moving down and away from RH hitter. Hips can't be too closed or too open.
 - Hybrid technique
 - Transfer
 - Chest level

- Turn the glove to the hand and redirect ball
- If you have trouble bobbling ball or finding the seams, try transferring more out in front to give yourself more time.
- Knee throws
 - Throwing to 3B
 - Always throw behind RH hitter
 - Right foot behind the left. Stay close to the hitter, work toward the bag, not backwards.
 - Throwing to 1B
 - Footwork
 - Pivot off right foot
 - Jab step with right foot to the right
 - Knee throws
 - Drop right knee to the right just like jab step, then drive left knee to the target, getting shoulders perpendicular to the bag.
- **Balls in Play**
 - Plays at the plate – Tag Plays
 - Keep mask on
 - Evaluate from behind home plate (3B coach, runner, fielder, cut-off)
 - Step in front of plate to receive. Keep a lane open. Left foot at front left corner. Good athletic position.
 - Use throwing hand to protect ball when applying tag.
 - Keep left foot pointed toward 3B when moving to block the lane. Do not open the foot (injury risk).
 - Work on different throws
 - Long hop
 - Short hop
 - Middle hop
 - Backhand hops (3)
 - Plays at the plate – Force plays
 - Pop-ups
 - Fielding bunts
 - Passed balls/wild pitches

