



CATCHING TIPS 101

Provided by: Catcher's Corner & Warriors Baseball Academy

Summary

- Equipment
 - Hockey Mask vs. 2 Piece Mask
- Stances
 - Signal, Primary, Secondary
- Receiving
 - Sway vs. Quiet Body
- Blocking
- Throwing to Second Base



The Catching Position

- Catchers have the most responsibilities on the field
- Communicating, Receiving, Blocking, Throwing to Every Base, Fielding Bunts, Plays at the Plate, Past Balls, Wild Pitches, Catching Bullpens, Hitting, etc.



EQUIPMENT

- Every piece of Catcher's Equipment should fit snug!
- Helmet: Hockey Mask vs. 2-piece mask
 - Hockey Mask is the safest and should be worn throughout High School play
- Throat Guard
 - Throat Guard is optional but suggested for kids under 13 years of age
- Chest Guard
 - Chest Guard is the one piece of equipment that should fit the best or snug
- Shin Guards
 - Shin Guards should cover the toes and just above the knee
 - Clasps should be facing outside – prevents getting tangled and tripping



Hockey Mask vs. 2-Piece Mask (Traditional)



Stances

- Signal Stance – Giving Signs to the pitcher
 - Feet pointed towards 2B & SS
 - Glove extended to knee – comfortable
 - Give signs against cup – Not below or the 1B & 3B coaches will be able to see
- Primary Stance – No Runners On & Less than 2 strikes
- Secondary Stance – Runners on Base or 2 strikes on hitter
 - With 2 strikes on a hitter, one of the most successful pitches is low & in the dirt
 - Catchers need to be ready to block and recover incase of a dropped 3rd strike



Receiving

- Sway vs. Quiet Body
 - Sway Technique
 - The sway automatically informs the umpire that the catcher had to move in order to receive the ball
 - Quiet Body Technique
 - This means you do your best to keep your body movement or sway to a minimum.
- Glove Hand Relaxed
 - The best way to react is with a relaxed glove or relaxed hand
 - This allows for a quicker reaction time
- Frame Quietly
 - You should frame the ball as if the ball landed in that spot



Blocking

- Mitt covers the 5 hole
 - “5 Hole” is the area between legs and below the cup
- Elbows are tucked into sides
- Chest is slightly leaned forward
 - Objective is to have ball land softly in front of you
- Must anticipate the ball in the dirt
 - Curve balls or breaking pitches tend to spin in the opposite direction
 - This is where bullpen work makes a big difference



Throwing to Second Base

- Accuracy is more important than velocity
- Good Lead vs. Bad Lead
 - Catchers can afford to take a little more time to gather their throw depending who is on base
 - Know your baserunners
- Don't be consumed with the stopwatch
 - Develop throwing mechanics before moving on to speed



Throwing to Second Base - Continued

- Small Jab Step with Right Foot
- Momentum Should Take You Towards Second Base
- Ball Should be Thrown with True Backspin

