

Catcher Skills

Field General

Yell it out: remind team of runners, outs, play possibilities

Defensive Skills

- **Blocking pitches:** Drop to ground, fill gap between knees with mitt Lean forward to direct deflections onto playing field in plain view.
- **Wide/low pitches:** push off with outside foot , to center body on ball and block as above.
- **Wild pitches:** with base runners get to ASAP. Runner at 3rd –underhand flip with straight arm (don't bend elbow) to plate. Toss to the plate not the pitcher, low on the 3rd base side.
- **Blocking the runner:** Plant foot 3rd base side of plate up the line. Get the ball. Drop down to block attempt to get hand or foot on plate.
- **The tag:** bare hand on ball in mitt, firm tag, then show the umpire the ball.
- **Pop ups:** communicate with 1st, pitcher, and 3rd call it. Catchers straight up or back shed mask turn back on infield. Listen for direction from teammates if you can't locate ball.

Pitch selection:

- Crowds plate - inside.
- Full extension swing– inside.
- Late swing-fastballs.
- Falls away pulls head –outside.
- Pulls fastballs - change-up.
- 0-2 count –just off corners.
- Up in box –fastballs high.
- Chokes –outside.
- Slapper - high inside, low outside.
- 1 through 5 hitters target corners

Stance

- **Normal:** bare hand behind body, rise up slightly with pitch, be ready for bunts or wild pitches.
- **With base runners:** set right foot back slightly to assist with throw.

Framing

- Hold caught ball for umpire to view.
- Adjust location of pitch into strike zone.

Throwing

- **To pitcher:** with speed and accuracy, every time, get the respect of your arm by opponents.
- **Stealing:** Ankle to waist high to 1st base side of 2nd and to 2nd base side of 3rd. No rainbows, better to bounce it in flat.
- **Runner at 2nd:** return pitch hard to pitchers glove side (quick relay may catch runner).
- **To first:** move off the baseline to avoid hitting, base runner and person covering first can see the ball.

Pre-game:

- Warm-up with starting pitcher practice all of her pitches.
- Know her pitches and which are working (know her money pitch).