

MYBA Coaches Catching Clinic

Stance

Relaxed Stance

Ready Stance - Throwing Hand Behind Mitt

Always Give a Good Target - Relation to the Hitter

Receiving

Stick the Strike – Catch a Strike (high,low,in,out)

Framing – Catch Between Shoulders – Steering Wheel Receive - Catching Bullpens

Blocking

Technique – Knees should land where feet were. Bend at the waist so your upper body is leaning forward over your thighs. Tuck your chin to your chest so you do not get hit in the throat.

Pitches to the Side - Remember to keep your shoulders square to the pitcher

Throwing Four Seam

Throwing to Second – Styles (Jab Step, Rock and Throw, Replacement/Jump Pivot)

Throwing to Third Base – Pitch Location

Other Throws – Clear Throwing Lane (Bunts – Body position. Bare hand vs Scoop)

Extras

Signaling Plays

Pop Ups/Fouls

Lining CUs

Quarterback

Back To Pitcher - After Pitches

Leadership - Emotional Stability

Confidence - Umpire Rapport

Catchers Keys to Winning Baseball

- Vocal at all times.
- Know your pitcher. Remember that each is different. Adjust to each guy
- Make the opposing team earn bases, do not give them away at any time
- Back up 1st, and always be aware of all base runners
- Continually work on all phases of your game - Blocking, Receiving, Framing, Leadership