

# CATCHING CONFIDENCE

## MH WARRIOR BASEBALL



### INTRODUCTION

1. Solid catching **WINS** games
  - a. It's about the little things
    - i. Play catch with a catcher's glove to get used to it (especially on game days)
    - ii. Make sure your gear fits well
    - iii. Say hi to the umpire before the game... introduce yourself... be respectful
  - b. Create **CONFIDENCE** for your pitchers
  - c. **Make the umpire look good** by receiving well with little body movement
  - d. Keep the ball **IN FRONT** of you with runners on base
  - e. **Shut down the running game** with quick, strong, accurate throwing
  - f. Catching is **HARD WORK** and **GREAT FUN**... requires discipline and forward thinking

### RECEIVING & STANCE

1. With no one on base
  - a. Get low... be quiet in your body movement... don't "over-frame"
  - b. Things that can **help**
    - i. Receive glove side with your thumb up... slight body lean "behind" the ball
    - ii. Receive off-glove side with thumb down... again slight body lean
    - iii. Work from underneath the ball on pitches down in the zone
    - iv. Stick pitches with **CONFIDENCE**... **pop it!**
    - v. Free hand behind your right heel
  - c. Things that **hurt**
    - i. Poor body language
    - ii. Showing up an umpire by "over-framing" or holding a pitch too long
2. With runners on base
  - a. A bit higher/stronger and have free hand behind the glove (if comfortable with this)
  - b. An advanced thought... especially for those calling off-speed pitches
    - i. "Anticipate the ball in the dirt... react to a strike"

### BLOCKING

1. **Bottom line**... keep the ball in front of you
2. Fundamentals
  - a. The **glove leads the way**... the body will follow
  - b. "Catch" the ball with your chest... NOT your glove
    - i. Glove protects the five-hole
    - ii. Remember... if you catch it softly off your chest, no one will run
    - iii. Feet come out from underneath you... **work down NOT forward**
  - c. Coaches tip... do blocking drills with tennis balls to eliminate fear

### THROWING

1. **Bottom line**... stay low and throw it low
2. Fundamentals
  - a. Triangle drill... quick jump on a skateboard with momentum toward your target
    - i. **Coaches tip**... watch the right foot... should move to the tip of the triangle
    - ii. Try for a 4-seam grip... but if you don't get it, just let it rip!
    - iii. You can throw a guy out on a bounce... you can't on an airmail
  - b. Advanced concept
    - i. Let the ball in glove travel back to the ear and make the exchange there... it's faster!

