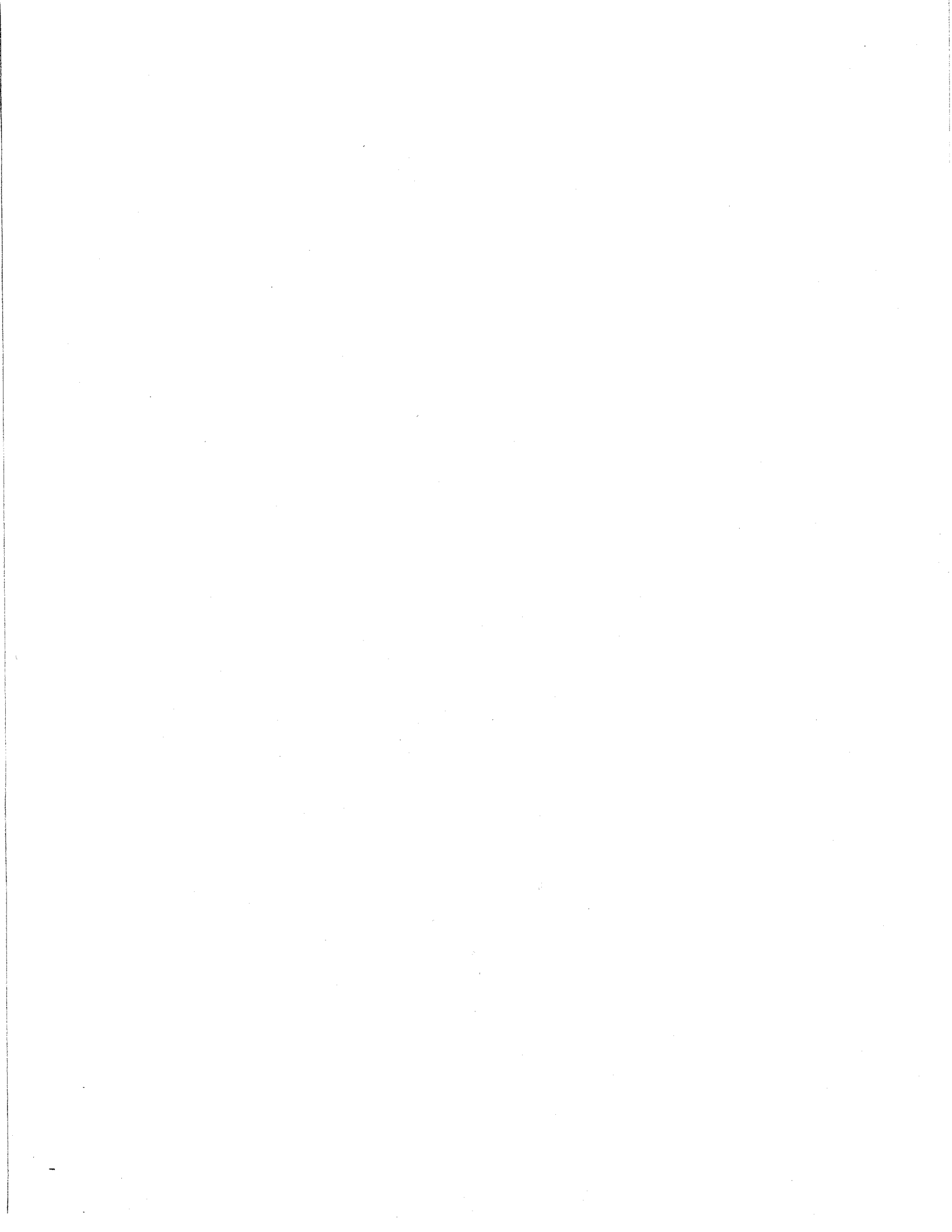


Providence Baseball

Fundamentals of Catching

PC



Receiving:

- 1 Used with no runners on base and less than two strikes on the batter
- 2 Feet are a little more than shoulder width apart.
- 3 Weight on the balls of your feet.
- 4 Low squat
- 5 Chest over knees
- 6 Arm out and free from interference of the knees
- 7 Glove has a quarter turn
- 8 Throwing hard hand behind your body
- 9 Follow the flight of the ball with your eyes and keep your head behind the ball
- 10 Use soft hands when catching the ball

Secondary Stance:

- 1 Used with runners on base as well as when the batter has two strikes
- 2 Feet are a little more than shoulder width apart
- 3 Right foot is 2-3 inches behind the left foot
- 4 Weight on the balls of you feet
- 5 Squat to where the top of your foot is parallel with the ground
- 6 Chest over knees
- 7 Arm out and free from interference of the knees
- 8 Glove has a quarter turn
- 9 Tuck your thumb inside a limp throwing hand
- 10 Either place your throwing hand behind the glove or rest your forearm on your right knee
- 11 Follow the flight of the ball with your eyes and keep your head behind the ball
- 12 Use soft hands when catching the ball

Blocking:

- 1 Use secondary stance
- 2 The goal is to keep the middle of your body in front of the ball
- 3 Drop forward towards the ball on your knees
- 4 Put your throwing hand behind the glove and place it on the ground up against your body between the legs
- 5 Chest bent over
- 6 Head bent over
- 7 On balls to the left or right take a jab step to the side of the ball angle your body so that the ball will go back toward the plate
- 8 Get to your feet quickly to recover the ball
- 9 When recovering the ball get going in the direction of the throw you will have to make
- 10 Get your chest over the ball
- 11 Scoop up the ball using both your glove and bare hand

Throwing:

Technique

- 1 Turn your back foot in order to push off
- 2 Get your shoulders and body lined up with your target
- 3 Glove arm is up out in front of your body pointing toward your target
- 4 Throwing arm is up making a short circle back before going forward
- 5 When going forward push off with back foot, drive downward with your front side, and bring your throwing arm over the top releasing the ball out in front of your body
- 6 Follow through with your arm and back

Steals to 2nd :

- 1 Use secondary stance
- 2 Catch the ball first bringing throwing hand up to the glove to transfer the ball
- 3 Right foot goes forward and towards the middle of the body

- 4 Left foot goes forward towards the target (2nd base)
- 5 Line your body up towards 2nd base
- 6 Do not stand straight up
- 7 Use regular throwing technique
- 8 Be quick and explosive but at the same time under control
- 9 Be accurate

Steals to 3rd:

- 1 Use secondary stance
- 2 Catch the ball first bringing throwing hand up to the glove to transfer the ball
- 3 With right-handed batter you must make a throwing lane
- 4 Right foot goes behind the left foot
- 5 Left foot goes out and towards the target (3rd base)
- 6 Line your body up towards 3^d base
- 7 Do not stand straight up
- 8 Use regular throwing technique
- 9 Be quick and explosive but at the same time under control
- 10 Be accurate

Pitch –Outs:

- 1 step out to either side the batter is not on
- 2 don't step out until the ball is released
- 3 don't stand straight up
- 4 use technique that applies to the base you are throwing to

Pick-offs:

- 1 When picking off runners at 2nd and 3rd base use the same technique as steals to 2nd and 3rd
- 2 For 1st base replace your right foot with your left foot and replace your left foot with your right foot
- 3 Left foot should be in the direction of 1st base
- 4 Line your body up towards 1st base
- 5 Do not stand straight up
- 6 Use regular throwing technique

- 7 Be quick and explosive but at the same time under control
- 8 Be accurate

Blocking Throws:

- 1 After blocking the ball get to your feet quickly and under control
- 2 Circle the ball so that you come through it towards the base you are throwing to
- 3 Get your chest over the ball
- 4 Scoop up the ball using both your glove and bare hand
- 5 Use regular throwing technique
- 6 Be quick and explosive but at the same time under control
- 7 Be accurate

Bunts:

- 1 Explode out of your stance to the ball
- 2 Circle the ball so that you come through it towards the base you are throwing to
- 3 Get your chest over the ball
- 4 Scoop up the ball using both your glove and bare hand
- 5 Use regular throwing technique
- 6 Be quick and explosive but at the same time under control
- 7 Be accurate

Pop-ups:

- 1 Get out of your stance quickly
- 2 Take your mask off so that it is easier to find the ball
- 3 Keep your back to the infield
- 4 When you know where the ball is throw your mask in the opposite direction
- 5 Be under control and use two hands to catch the ball
- 6 Be ready to make the next play

Plays at the Plate:

- 1 Place your left heel at the edge of the plate with your toe pointed up the 3rd baseline
- 2 Get low like an infielder taking a ground ball
- 3 Start with your glove on the ground
- 4 Use two hands
- 5 Once you catch the ball, take your right knee to the ground in front of the plate to block the runner
- 6 Your left knee should be in this position and the runner should slide into the side of you
- 7 Hold the ball inside the glove with your bare hand when applying the tag

Past balls (play at the plate):

- 1 Sprint towards the ball at the backstop
- 2 Slide to the right side of the ball
- 3 While sliding scoop the ball up with your glove and hand
- 4 Make an accurate throw to the pitcher covering at home off of your back knee

