



Catching Clinic

March 14, 2010

Introductions

- Not all things we discuss will apply to all Divisions

Warm-up

- Run and Stretch
- Practice with your gear on as much as possible

Skills Development

- **Stance**
 - Resting and Set-up Positions
- **Signaling**
 - Pitch Signals and Play Signals
- **Receiving the Ball From the Pitcher**
 - Transition from Stance to Set-up
 - Receiving the Pitch (stick-it)
 - Framing - Circle the Ball (only frame pitches that are close)
 - Blocking Balls in the Dirt
- **Throwing**
 - Transition to the Throwing Position
 - Replace Feet to the "L" position
 - Load Back Leg (without steps)
 - Throwing Mechanics
 - Quick drawback with Pointed Elbow
 - Point Elbow/Shoulder/Hip to Target – Must Release Back Side (Follow Through)
 - Throwing to 1st Base on Bunts and Drop 3rd Strikes
 - Throwing to 3rd Base on Steals to 3rd Base
- **Fielding the Ball and Movement on Batted Balls**
 - Bunts
 - 1st Base Side - Get around the ball - Scoop and Skip Step
 - 3rd Base Side - Right foot to ball - Scoop and Spin
 - Passed Balls - Knees Around the Ball
 - Run Downs
 - Movement on Batted Balls

Skills Discussions

- **Defensive Situations**
 - Pop-ups
 - Cutoffs
 - Blocking the Plate (Two hands - Right Knee Down)
 - Pick-off at 1st Base
 - Steal of 2nd Base
 - Pick Off or Steal at 3rd Base
- **Intangibles**
 - Know the Rules – Be the General
 - Basic Knowledge of Pitches
 - Supportive Communication with the Pitcher
 - Work with the Umpire
 - Communicate with the Coaches every inning