



## 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 1<sup>st</sup> Base on Bunts and Drop 3<sup>rd</sup> Strikes
  - Throwing to 3<sup>rd</sup> Base on Steals to 3<sup>rd</sup> Base
- **Fielding the Ball and Movement on Batted Balls**
  - Bunts
    - 1<sup>st</sup> Base Side - Get around the ball - Scoop and Skip Step
    - 3<sup>rd</sup> 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 1<sup>st</sup> Base
  - Steal of 2<sup>nd</sup> Base
  - Pick Off or Steal at 3<sup>rd</sup> 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