

Teaching Catching



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Coaches Online Certification Program

Virginia Baseball Club
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Catching Priorities

- 1. Run the defense
- 2. Catch the Ball
- 3. Block balls in the dirt
- 4. Throw runners out stealing

Primary Stance



- Knees wide, toes down foul lines
- Rear end below knees
- Glove low, elbow outside knee
- Chest tall to create big target

Secondary Stance



- Knees wide, toes to pitcher
- Thighs parallel to ground
- Glove low, elbow outside knee
- Throwing hand behind the glove in a loose fist

Receiving

- Catch the ball with some bend in the elbow
- Don't snatch forward
- Sway side to side, don't grab and turn the glove
- Shoulders and knees should remain square



Blocking



- Lead with the glove
- Push off with your foot
- Slide on the knee

Blocking #2

- Lean forward off your calves
- Don't turn the body to expose anything
- Keep chin down and chest over the ball



Throwing



- Jab step- take right foot forward straight to second
- Exchange from glove to hand at the chest
- Bring ball straight back to ear “bow and arrow”
- Right foot also lines up with second
- Gain ground to the base