



1) The feet are slightly more than shoulder-width apart, squared to the front of the plate and slightly turned out. Weight is on the inside balls of feet.



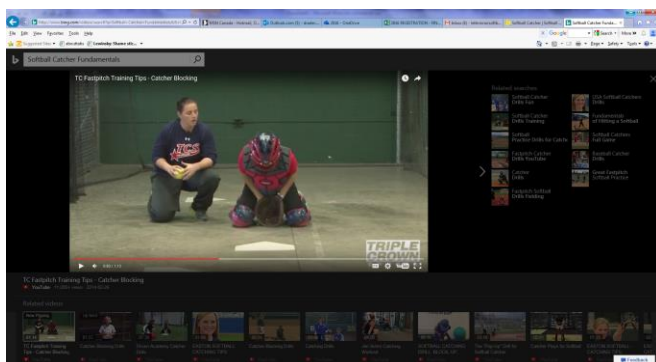
2) The throwing hand is either behind the back or at the side with the thumb tucked under the fingers.



3) After the ball is caught move the body into a throwing position where the glove goes back to meet the throwing hand.



4) When having to move to the right, move your right leg over while keeping your left leg in position.
The same for moving to your left. Move your left leg over keeping your right leg in position



This is the position if the ball is going low or bouncing.

1. Knees on ground but still on balls of feet.
2. Shoulders over knees
3. Chin to chest to protect throat
4. Glove blocking gap
5. Throwing hand behind glove to protect.