**CATCHER TIPS**

**STANCE**

* Runners on base and/or two strikes on the batter.
* Be ready to block a pitch or quickly throw out a base runner.
* The ready stance is simply a raised squat where the weight is now on the balls of your feet instead of the instep and your butt is *slightly* raised.
* Keep low in your stance.
* Throwing hand in ready stance directly behind the mitt in a fist.
* The throwing hand should not be touching the mitt but very close to it.
* The level of your elbow should still be below your mitt level.

* Bases empty and less than two strikes
* Throwing Hand Behind Mitt
* Weight on the insides of feet -Balance
* Your receiving arm (mitt hand) should be relaxed (somewhere near the middle of being completely straight and being completely bent toward your chest) and your palm should be pointed at the pitcher.
* Elbow below your mitt. This helps in framing pitches that are low and to the left side of your body

**SET UP**

* Sit forward toward home plate without your mitt interfering with a batter's swing. Choose stance

**FRAME**

* Make that pitch (if near border line strike/ball) the zone appear to be a strike
* All balls have downward motion, use smooth underhand motion to catch

**RECEIVE**

* Stick the strike (glove should not move in any direction (except a little back) after you catch the pitch. ) Hold the pitch where you caught it, BRIEFLY, then throw it back to the pitcher.
* Beat the Pitch to the Spot. Always track the the pitch with your eyes, with your mitt, beat the pitch to that spot.

**THROWING**

* Grip ball across the seams as if you were a pitcher.

**JAB STEP** (assume ready stance, stay low). Catch ball, take a small step, a "jab step," toward second base with your throwing side leg. For a right-handed catcher, this means jabbing with your right leg. The inside of your ankle should be pointed in the direction of second base. This step is very small and meant to get your momentum moving toward your target..

* Rake quickly, transfer ball to throwing hand. Your throwing hand should have been behind the glove in the ready stance. This positioning facilitates a quick transfer and proper grip on the ball. Your front shoulder should now be pointed at second base, the ball in your throwing hand, and you should be striding with your left leg toward your target.
* Now, make a short quick throw to second, transferring the weight from your backside to your front. Stay low, stay on top of your throw (don't drop your elbow), throw through the target, and keep your momentum moving toward the target. Do not let your momentum fall off line or away from your target.

**ROCK & THROW** The second throwing style to second base is the Rock and Throw. Simply keep your right foot planted where you caught the ball. Now, transfer your weight to the backside leg (rock) or load, rake to the throwing position, step toward your target (transferring your weight to the front side), and deliver a strong accurate throw. This method is fairly quick and can be used for pitches down the middle or to the backhand side. Avoid using this method on pitches to the left side of your body.

**BLOCKING**

***GLOVE TO THE BALL - KNEES TO THE GLOVE***

* Knock Down, Control, Thrust Knees, Glove Position, Tuck Elbows, Bend Waist, Round Shoulders, Tuck Chin, Slide to Location, Square to Pitcher

### DRILLS

### No Glove - Soft Hands Drill

### Simon Says drill

**Block drill**