CATCHING TECHNIQUES

<https://www.youtube.com/watch?v=VSSurPu2bGw>

* 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.
* The throwing hand is either behind the back or at the side with the thumb tucked under the fingers.
* 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
* After the ball is caught move the body into a throwing position where the glove goes back to meet the throwing hand.
* This is the position if the ball is going low or bouncing.
* Knees on ground but still on balls of feet.
* Shoulders over knees
* Chin to chest to protect throat
* Glove blocking gap
* Throwing hand behind glove to protect.

    

**Position in the Catcher’s Box**

* Wait for batter to get set
* Take note of their swing
* Position about one bat length behind back foot of batter
* Do not reach out to catch the ball. Let the ball come to you.

**Giving the Signal**

* Squat with heels off ground
* Hide signal from opposition using glove below knee of same side
* Align knees with edges of home plate
* Give the signal deep and against thigh

**Giving the Target (no runners)**

* Same as when giving signal except:

◼ Feet staggered with more forward lean of trunk

◼ Glove to side of leg to hide signal from opposing coach

◼ Throwing hand hidden behind back or lower leg

**Giving the Target (with runners on base or two strike count)**

* Receiving position changes to allow for a quicker throw

◼ Feet more spread apart

◼ Heels on ground

◼ Feet staggered with pivot foot farther back

◼ Knees bent according to height of target

◼ Throwing hand hidden behind back or lower leg