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# Ranking the Catching Physical Skills

## 1. Receiving ability

- 2. Throwing ability
- 3. Blocking ability

#### 4. Hitting ability



Great receivers don't move the ball postcatch.

Great receivers maneuver the glove, pre-catch, to reorient the perception of the pitch back to the zone.

# **Receiving Score**

Receiving stance

Timing from target to break

Timing of receiving presentation

Glove movement

Body sway

# **Receiving Stance**

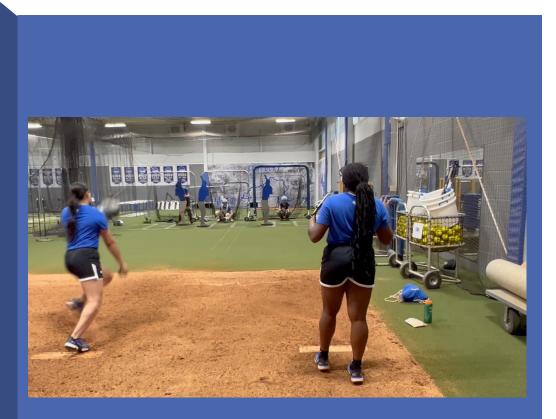
# Distance from the batter

Creation of visual window for the umpire

# **Receiving Stance**



# Timing from Target to Break



 Troubleshooting: If timing is early, there will be excessive glove movement

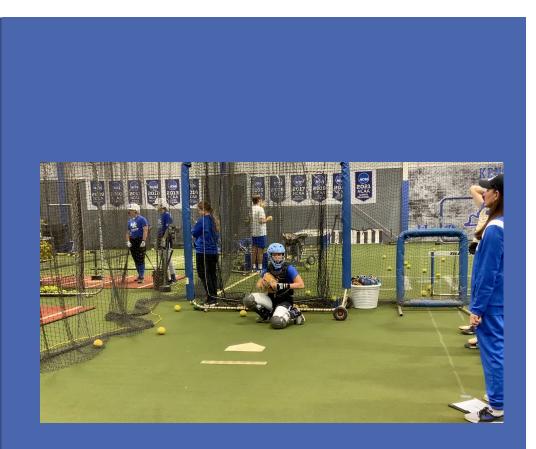
 Troubleshooting: If extended early, the catch will look weak

 Troubleshooting: If late to reception it will look like "snatching" the ball

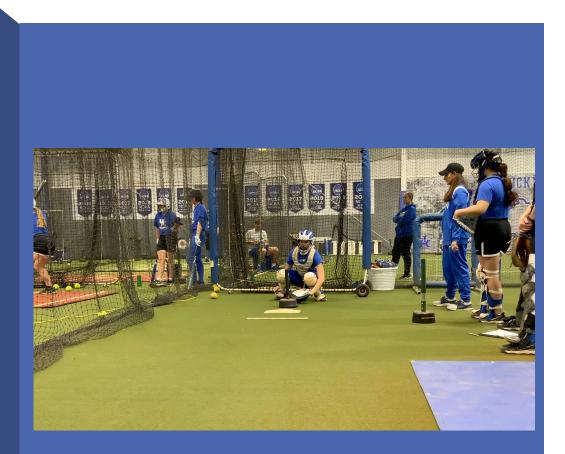
# **Receiving Presentation**

- Receiving presentation is about drawing the visual perception of the pitch back to the strike zone
- Receive all pitches out front and in the center of your body
  - Work through the side of the ball opposite the run of the pitch
  - Use force through the chest & shoulders but with soft hands
- Stick strike 3 a little different from strike 1 and 2

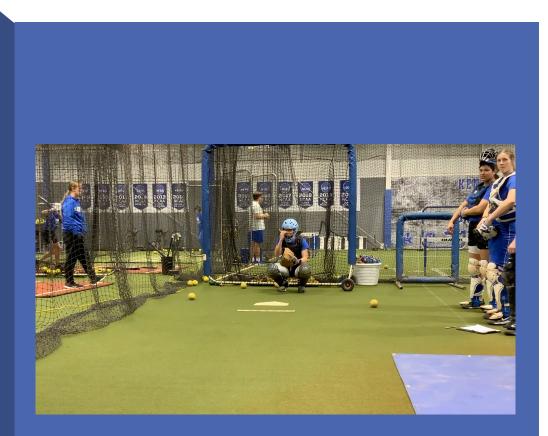
### Drop/Fastball



#### Glove Side



#### Curve



Rise



#### **Catcher's Bullpen Routine**

□ Stretch: "Glove Sways"

□ Pitcher Close Spins: Paddle Deflections (On a bucket or garden stool)

**D** Pitcher half-distance: On bucket or garden stool

Low pitches: Exaggerate timing of reception from low to high
Lateral/high pitches: Exaggerated holds

Pitcher from mound: Receiving stance (game speed receiving)
Drop balls, backdoor, change: Challenge - exaggerated break holds
Curve, Screw, Rise: Challenge - exaggerated holds + stealing strikes

Last two of each pitch – Throwing stance: exchange mechanics
High pitches – from feet (i.e., rise, curve, Off-speed curve)
Low pitches – from knee (I.e., fastball, drop, change)

#### Blocking & Picking

□ Picks: Drop & Fastball: last two – ask pitcher to bury in the dirt

Blocking: Change & off-speed: last two – ask pitcher to bury in dirt
Scenario 1: buried strike 3, keep ball in front & throw to 1b
Scenario 2: runner on 3b, pitch in dirt, keep ball in front

#### Catcher's Bullpen Routine (Glove Sways)



#### **Catcher's Bullpen Routine** (Deflections)



# Throwing ability

- Most important throwing skill is ACCURACY
- Know with to stick the pitch & when to throw
- Steals to 2b
- Throws to the right side of infield
- Throws to the left side of infield
- Double-play footwork

#### Steals to Second

✓ Hip swivel / cheat step

✓ Get back foot in the ground ASAP

- ✓ Exchange
  - pocket down
  - out-front in the midline of the body
- ✓ Firm front side during the throw
- ✓ Bring chest to the glove during the finish

#### Steals to Second



#### Steals to Second

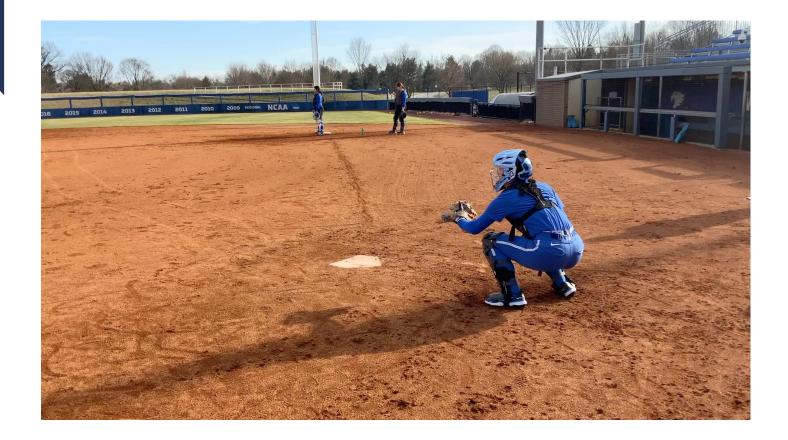


#### Throwing Plays – Right Side of Infield

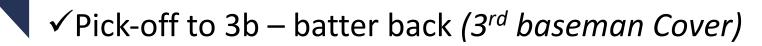
✓ Pick-off to 1b (1<sup>st</sup> baseman cover)

- ✓ Pick-off to 1b (2<sup>nd</sup> baseman cover)
- ✓ Pick-off to 1b/LHH (1<sup>st</sup> or 2<sup>nd</sup> cover)
- ✓ Strike 3 buried breaking pitch (1<sup>st</sup> cover)
- ✓ WP behind catcher  $1^{st}$  cover
- ✓ Steal to 2b (2<sup>nd</sup> cover)

# Throwing Plays – Right Side of Infield



#### Throwing Plays – Left Side of Infield

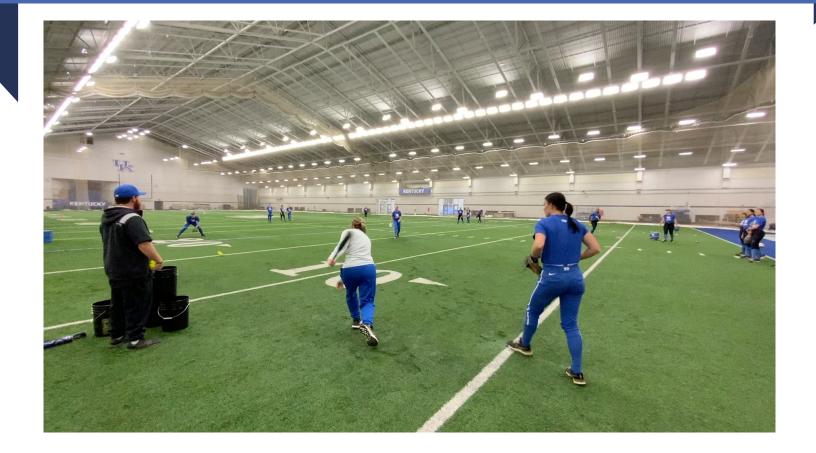


- ✓ Pick-off to 3b batter up (SS Cover)
- ✓ Steal to 3b (3<sup>rd</sup> cover)
- ✓ Steal to 3b (SS Cover)
- ✓ Pick ball in the dirt throw 2b (SS Cover)

## Throwing Plays – Left Side of Infield



# Double Play Footwork



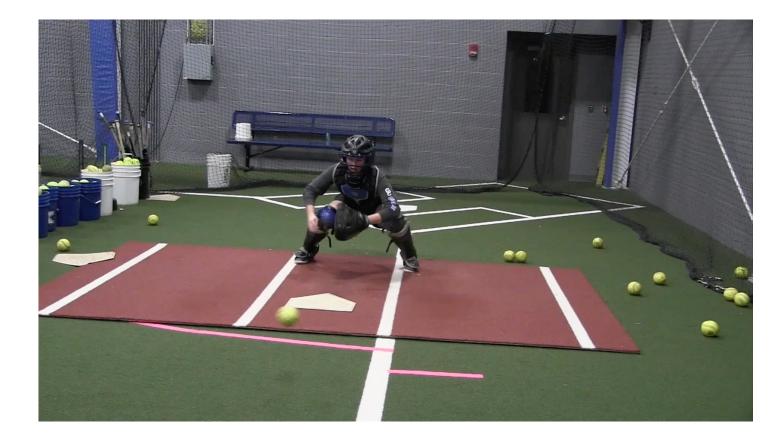
- 1. When to block vs when to pick
- 2. Blocking mechanics

3. Picking mechanics

# **Blocking Ability**

## Picks vs Blocks





#### Position to avoid obstruction

# ✓ Body position: Knees face third base



# Tag Plays



# Building Elite Catchers

