

Pewaukee High School—Catching Quick Points

1. Stance/Set-up

- ? Reach out and touch the batter's elbow.
- ? Right foot a little behind left foot (Opposite for left-handed catchers).
- ? Stay low and give a good target.

2. Receiving/Framing

- ? It sounds simple, but make sure to catch the ball.
- ? Catch the ball between your shoulders by moving your body from side to side.
- ? “Stick” the pitch. Do not let the momentum of the ball move your glove.

3. Blocking

- ? Block all pitches, even if there are no runners on base.
- ? Glove to the ground and fall around.
- ? Let the ball hit your chest; do not try to catch the ball with your glove.

4. Throwing

2nd Base

- ? Be in a “ready” position with a runner on base.
- ? Move forward, not up. Stay low.
- ? Point front shoulder and front foot toward 2nd base.
- ? Bring the ball and glove straight to your ear.

3rd Base

- ? Clear the hitter before throwing.
- ? Make sure your momentum is moving toward 3rd base.

? Stay low.

1st Base

? Have confidence in your arm.

? Move inside or outside to clear the baserunner.

5. Fielding Bunts

? React quickly.

? Pick the ball up with your bare hand.

? Point your shoulder toward the base you are throwing to.

6. Pop-ups

? Turn your back to the field.

? Find the ball and then get rid of your mask.

7. Game Calling

? Pay attention to hitters.

? Move inside and outside.

? Give a good, low target.

8. Leadership

? Be a leader.

? Be vocal.

? Hustle.

9. Final Thoughts

? A team will never be great without a good catcher.

- ? Most of the qualities that make a catcher great can be achieved through hard work:
 - ? Determination
 - ? Vocal Leadership
 - ? Hustle