

# ***Teaching Kids to be Catchers***

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# ***Catching Key Components***

- Communication
- Receiving
- Blocking
- Throwing
- Fielding Bunts
- Fielding Pop Flies



# *Communication*

- Drill catcher communication as often as possible:
  - Infield/outfield
  - Bunt Defense
  - PFPs (pitcher fielding practice)
  - Relays or Tandem (Double-Cut) Relays as appropriate
- The most important thing is the catcher yells something



# *Communication*

- Suggestion for when the catcher makes a bad/wrong decision:
- “Great job communicating with the team where you want the ball to go. Keep that up. Let’s talk about the decision and why you would want to have the ball go to X base instead of Y base...”



# ***Signal Stance***



Signal is deep  
in crotch area  
and legs are hiding  
the sign



Glove hides the sign  
from coach



# ***Classic No Runners Stance***



Shoulders are wide

Glove elbow in front of shin guard

Legs significantly wider than shoulders

Feet point to 2B and SS and in FULL CONTACT with the ground

Hand should be next to shins, not in front or behind back



# ***Knee Down Stance***



**EP**

# ***Knee Down Stance***



**EP**



# ***Runners Stance***



Shoulders still as square as possible to

Throwing hand ready behind shin guard or at side

Feet point to 2B and 1B and still in FULL contact with the ground

Right foot a few inches behind left foot



# *Receiving*

- Should almost be able to touch hitter's elbow
- Focus on presentation in the middle of body rather than middle of zone
- Give a big target
- Teach the “glove load,” i.e., hand moves from low to high  
Practice catching the ball in the pocket of the glove



# *Receiving Drills*

- No glove receiving in stance (tennis balls, baseballs)
- Backhand balls to catcher in his stance
- First five focus on catching with three fingers and finding the seams
- Next five, on glove load
- Next five, on a “quiet” presentation



# ***Blocking***



Glove is  
dropped and  
throwing hand  
is behind

Shoulders are wide and  
mask is looking straight  
down

Legs are wide and  
butt is down

**EP**

# ***Blocking***

- Glove leads everything!
- Only gain ground with knees
- On ball contact with chest, lower butt to “deaden” the ball
- Block, retrieve, and throw
- Blocking to the right or left requires pushing hips to the right or left to angle the block toward home



# ***Blocking Drill Keys***

- You don't have to use real baseball
- Focus on the glove leading, so many kids pull the glove up
- Use a plate if possible and make sure the catcher is the appropriate distance
- Watch for timing as many kids go down too soon in drilling





# ***Yadier!!!!!!***

## **FEWEST STOLEN BASES ALLOWED**

FROM 2004-20



**STL** 847

**ARI** 1,250

**C** 1,307

**MIN** 1,309

**KC** 1,336

VIA SNY

# **EP**

# ***Throwing- YADIER!!!!!!***



<https://www.youtube.com/watch?v=MmMJWNz3HYg>

**EP**

# ***Throwing***

- Load left knee as the ball approaches
- Push off right foot toward the spot just in front of where left foot started
- Not concerned about gaining ground
- Top priority is fast feet and ball out fast over strength of throw



# *Throwing*

- Transfer the ball from glove to hand just below shoulders
- Many of the best catchers will “drop” the ball in the hand
- Arm motion: the Cincinnati Reds baseball cap “C”
- Stay athletic on the transfer, finish with shoulders square to 2<sup>nd</sup>
- For corner throws, get feet aligned toward base ASAP
- For 1<sup>st</sup> base, avoid pivoting on the right foot, more of a jump



# ***Practicing Throwing***

- Practice all pitch locations
- Practice throwing after a blocked ball
- If strong enough arm, practice throwing from knees



# ***Fielding Bunts***

- Field with two hands when ball is moving
- Pick up bare hand when ball is stopped
- 3<sup>rd</sup> Base : Overrun the ball or circle the ball
- Toward mound: Circle the ball
- 1<sup>st</sup> Base: Clear the runner and throw





# ***Fielding Pop Flies***

- Throw mask back and to the right and into the field of play
- Turn back to the infield
- Hands above head when possible
- Priority to the infielder or pitcher

