

CATCHING

Matt Johnson

Blake Hardegree



BODY POSITIONING

- ▶ Bases Empty
 - ▶ Relaxed and Low
- ▶ 2- Strikes
 - ▶ Active Anticipation
- ▶ Runners on Base
 - ▶ Active Anticipation



- ▶ Handshake
- ▶ Flat Glove
- ▶ Eye Focus
- ▶ Body and Head Still
- ▶ Hand Relaxed
- ▶ Go Get Ball
- ▶ Get Around Ball

- ▶ Drills
 - ▶ Barehand Framing
 - ▶ Box Framing Catch
 - ▶ Tee Framing
 - ▶ Quick Barehand Framing
 - ▶ Live Framing Focus

FRAMING

- ▶ Feet Shoulder Width
- ▶ Kick Out and Replace or Fall Forward
- ▶ Form Up V
- ▶ Head Tucked
- ▶ Barehand Behind Glove
- ▶ Glove Goes First (Kickstand)
- ▶ Shoulders Curled
- ▶ Bounce Up and Get Ball
- ▶ Give with Ball (Breathe Out)
- ▶ Keep Chest and Body Square to Pitcher
- ▶ Rotate Shoulders if Needed

BLOCKING

- ▶ Form Blocking
 - ▶ Check form before ball is throwing
- ▶ Glove First Blocking
 - ▶ Glove on the ground to start
- ▶ Progressive Blocking
 - ▶ 1 Step Faster than Form Blocking
- ▶ Real Time Blocking
 - ▶ Off Pitching Machine/Coach
- ▶ Lateral Form Drills Are done the same
- ▶ Block and Get Drill

- ▶ Feet Shoulder Width
- ▶ Barehand At Chest Clinched
- ▶ Left Foot In Front of Right
- ▶ Butt at 90 degrees at Quad
- ▶ Weight on Heels to toes
- ▶ Meet Ball
- ▶ Rake to Ear
- ▶ Stay Low (Crescendo)
- ▶ Hips First

- ▶ One Knee Rakes
 - ▶ Barehand or Glove
- ▶ Heel Toe Rocks
 - ▶ Work Back and forth
- ▶ Standing Throwing Drills
 - ▶ Hand at ear
 - ▶ With Rake
- ▶ 60 feet Throwing
- ▶ Stationary Ball Transfers
- ▶ Full Throws

POSITION THROWING

- ▶ Stay Low
- ▶ Hands Together
- ▶ Centered Over Ball
- ▶ Plant and Throw
- ▶ 3rd Base, Back to Ball for Exchange

- ▶ Single Ball Drill
- ▶ 3 point Drill
 - ▶ Freeze at Ball
- ▶ 5 point drill
- ▶ Rolling Ball Drill

FIELDING BUNTS

- ▶ Make Bullpen Sessions Productive
 - ▶ Focus on 1 skill in each session/pitcher
- ▶ Block 15 minutes of practice for catching specific
 - ▶ Choose one skill to work on
- ▶ Work Catchers in during batting practice
 - ▶ Have them frame during batting practice
- ▶ Develop their Communication
 - ▶ Have them lead at some point during practice

CATCHING PRACTICE PRINCIPLES

