

Catching FUNDamentals

Catching equipment

- Full protective equipment must be worn at all times. This includes:
- Face mask
- Chest protector
- Leggings
- Helmet
- Throat protector

Ready position

Positioning in the Catcher's Box

- Wait for the batter to set up
- Set up about one bat length behind the back foot of the batter and directly behind home plate

Stance

- Squat like a frog.
- Trunk is forward.
- Weight is on the inside part of the balls of the feet.
- Glove is in front of the body.
- Throwing hand is hidden behind the back (experienced players) or behind the glove (beginners).



Receiving the ball

- Knees and shoulders are square to the pitcher
- Do not reach for the ball
- Catch the ball in the centre of the body
- Catch the ball out in front of the body
- Watch the ball into the glove
- 'Give' with the arms on impact
- Stay low

Blocking the ball

When the pitch is in the dirt over home plate:

- Keep the eyes on the ball
- Directly face the ball
- Bend the upper body slightly over the ball
- Place the glove between the knees
- Drop the knees to the ground as the ball is about to reach the glove





When the pitch is in the dirt to the left of home plate:

Keep the eyes on the ball

Step sideways with the left leg first and drop both knees to the ground

Bend the upper body slightly over the ball

Place the glove between the knee and the foot

When the pitch is in the dirt to the right of home plate:

- Keep the eyes on the ball
- Step sideways with the right leg first and drop both knees to the ground
- Bend the upper body slightly over the ball
- Place the glove between the knee and the foot



Note: Blocking is explained in terms of the catcher's view from behind home plate.