## 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.