

Oakville Little League Catching Clinic
Tuesday, July 13, 2021

- **Intro to catching and qualities to look for in a catcher**
 1. Someone who wants to catch and loves to wear the gear
 2. An athlete, a player who can move laterally, balance and react
 3. A Player who is encouraging and assertive
 4. A player who is not afraid to work hard and get dirty.
- **How to wear the gear properly**
 1. Shins have buckles to the outside
 2. Chest pad snug up in against chest
 3. Chest high enough to seal off throat area (goats beard at younger ages)
- **Stances and Setup- creating comfort and balance**

Creating Balance

 1. Point toes toward 1B and 3B
 2. Push weight to the inside ball part of your foot.
 3. Knees inside feet
 4. Weight distributed equally
- **Signal Stance**
 1. Glove over outside of knee (prevents 3B coach from stealing signs)
 2. Right knee angled in (prevents 1B coach from stealing signs)
 3. Chest up to let light in
 4. Signs given up tight against cup
 5. A sequence of signs are given at a higher level when a runner is on second base.
- **Primary receiving position**
 1. Relaxed position with lower set up
 2. Feet can be slightly staggered to eliminate receiving trouble spots
 3. Nice relaxed target with thumb pointing to 6 o'clock
 4. Throw hand protected under thigh
- **Secondary receiving position (hybrid)**
 1. Still in a relaxed position
 2. Feet a little wider with toes pointed toward bases
 3. Seat up a little (Widen the feet and raise the seat)
 4. Hand can be located behind the glove or under thigh

- **Receiving, funnelling, presenting pitches**

1. Pre-pitch movement below the strike zone
2. Always working with a positive movement back to the strike zone- funnelling
3. Thumb down toward 6 o'clock to expose maximum pocket to ball.
4. Thumb turns to 3' o'clock after contact
5. Track ball with your nose- lateral sway to the ball

- **Blocking positioning, recovering blocks**

1. Create a blocking mindset by building confidence with Tennis balls or wiffle balls first.
2. Have catchers read ball angles – catch or block
3. Fielder first by leading with glove first
4. Depending on depth of the baseball a block will require with a kick back or goalie block. Ball off to the side require an angle block.

Kick Back Block- on ball in tight that short hop

- Lead with glove
- Knees replace toes as feet kick back and body moves into form position
- Throw hand tucks in behind the glove for protection
- Sink hips to expose chest pad
- Tuck chin to seal of throat
- Feet flare out to allow hips to sink
- Cup body
- Exhale as ball is about to hit body

Goalie Blocks- on a longer hop

- Lead with glove
- Come forward to cut down the angle
- Body sits upright to create bigger surface area for the ball to hit.

Recovering Blocks

- Don't jump out of form too quickly
- Track ball with your nose
- Get to feet first
- Surround the baseball from the left side
- Pick ball up with the spaghetti strainer between feet
- Shuffle and throw to target

Knee down vs traditionally stances

- Footwork and transfer progression for throwing to 2B (see video)

Daily Position Drills

10's on the SPOT
(10 Reps of each drill)

1. Underhand Flip of Right Knee
2. Underhand Flip of Left Knee
3. Flips of each knee with glove on
4. Form Blocks- Sit and Get Hit
5. Straight on Blocks- Kick Backs
6. Blocks to the Left
7. Blocks to Right
8. Transfer drill- on knees only glove and hand
9. Flips with footwork to 2B