

## *Catching Skills for Perfection*

### What we look for in a catcher:

- Leadership potential
- Physical Strength
- Quickness and agility
- Good throwing mechanics

### Catching skills:

- Stance... when giving signs, when receiving the pitch
- Receiving and throwing... shifting the body, framing
- Giving signs
- Blocking pitches in the dirt
- Throwing to bases
- Tagging the runner
- Directing and taking throws from outfield
- Catching the pop-up
- Spin over right and left shoulder
- Fielding bunts
- Communicating with players

### Drills for catchers:

- Stance drill
- Signal-giving drill
- Receiving drill (framing)
- Mask drill
- Pop drill
- Pop-up drill
- Throwing drill
- Backing up 1B drill
- Fielding bunted balls drill
- Tagging runners drill
- Dry blocking drills
- Live blocking drills (left, right, center)
- Dropped third strike drill
- Discard mask drill (force play, run downs, pop-ups)