

OUT AT HOME

There are two basic plays required to make an out at home plate and the catcher must master both of them. The first play is a force at home, and the second is tagging the runner. The key in both cases is to;

KNOW THE SITUATION AT ALL TIMES.

FORCE PLAY AT HOME

To have a force play at home plate, the bases must be loaded, forcing the runner at third to advance on a batted ball. Otherwise there can be no force at home.

In the force situation with two out, the force will end the inning. With less than two out there is a potential double play, home to first. The play must be quick and automatic. Here's how the catcher should execute this play.

- 1. ON THE GROUND BALL, MOVE QUICKLY TO THE FRONT OF HOME PLATE AND FACE THE BALL.**
- 2. PLACE THE RIGHT FOOT (RIGHT HANDED CATCHER) ON THE RIGHT FRONT CORNER OF HOME PLATE.**
- 3. STEP WITH THE LEFT FOOT TOWARDS THE THROWER TO SHORTEN THE DISTANCE.**
- 4. AFTER MAKING THE CATCH, PIVOT AND STEP TOWARDS 1ST BASE.**
- 5. THROW TO 1ST BASE INSIDE THE BASELINE.**

Practice this double play technique on throws from all bases and all directions, until the movements become automatic. When rehearsing the actual play in practice, focus on foot speed and ball release speed.
