

BASIC SIGNALS

At Squirt level, the only signals required are to indicate the pitch speed and location. Because Squirt pitchers are learning how to throw a change-up or slow ball, the catcher should learn how to signal for that pitch. Usually the catcher will use finger signals to call for a pitch. It doesn't matter which finger or how many as long as the pitcher knows the signal for that pitch. The important thing is to make sure the signal is well hidden from both the first and third base coaches.

Calling pitch location can also be as simple as touching one leg or the other for inside and outside, then using the palm up or palm down for high or low. But using signals makes the game more interesting for both the catcher and pitcher and teaches the catcher how to use different pitches. It also forces the pitcher to try and place the pitch in different locations, even though they may not succeed very often.

SQUAT DRILL

Use this little drill to practice getting from the signal position into the correct target stance.

SQUAT - STAND - CROUCH DRILL

- 1. GIVE THE SIGNAL IN THE SQUAT POSITION.***
- 2. STAND UP STRAIGHT.***
- 3. SET THE FEET IN THROWING POSITION, SLIGHTLY STAGGERED.***
- 4. BEND THE KNEES AS MUCH AS NECESSARY TO GIVE THE TARGET. KEEP THE HEELS ON THE GROUND.***
- 5. EXTEND THE MITT OUT IN FRONT OF THE BODY.***

This quick drill can be done at home during spare time, or at practice as part of your preparation. It is also helpful to check yourself in front of a mirror to see if you are providing a good target to the pitcher. The key is to repeat the sequence until it becomes automatic.