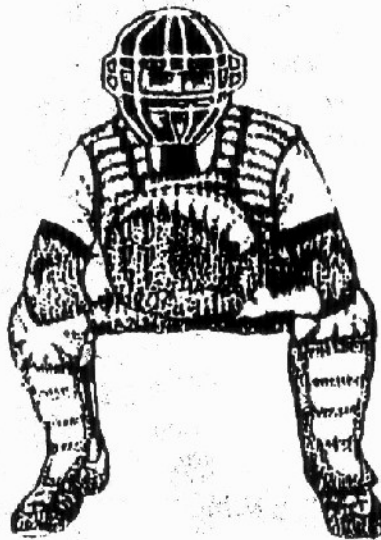


## FRAMING THE TARGET

### COACHES:

Another way your catcher can help the pitcher is to ***"frame the target"***, which is the second rule of receiving. This technique is used by skilled catchers to present the best possible target to their pitcher. It consists of using the body as a frame for the target, by keeping the mitt (target) in the center of the body. This provides the best target possible for the pitcher.

This illustration shows a "framed" target. Notice how the catcher's body serves as a backdrop or frame for the mitt. A target like this helps the pitcher's confidence and improves their concentration and control



Practice these steps to develop good receiving habits.

1. KEEP KNEES AND SHOULDERS SQUARE TO THE PITCHER.
2. SET THE TARGET IN THE CENTER OF THE BODY (FRAME).
3. CATCH THE BALL IN THE CENTER OF THE BODY.
4. CONCENTRATE - WATCH THE BALL INTO THE MITT.
5. CUSHION THE BALL BY RECOILING THE HANDS ON CONTACT.
6. STAY DOWN AS LOW AS NECESSARY TO CATCH THE PITCH.

Naturally these techniques require constant practice for perfection, but once mastered, they will provide a solid base for developing more advanced skills which will be presented later in this program.