

RECEIVING THE BALL

COACHES: Train your catchers to receive the ball efficiently.

The first rule of receiving the ball is Principle #1;

***ALWAYS CATCH THE BALL AS CLOSE
TO THE FRONT OF THE PLATE AS POSSIBLE***

The catcher should get as close to the plate as possible and reach out for the ball, which provides three advantages. First, it helps the umpire make more accurate calls. Second, it allows the catcher to watch the ball all the way into the mitt and third, it permits the catcher to cushion or feather the ball as it enters the mitt. This feathering action is a simple recoiling of the wrists, which helps keep the ball from popping out of the mitt.

With no runners on base the catcher can receive all pitches with one hand, except on a third strike. With runners on base, all pitches should be received with two hands, in the "CROUCH" position.

SOFT HANDS DRILL

Here is a drill that will help develop those nice soft, relaxed hands every catcher needs.

SOFT HANDS

- 1. USE TWO TENNIS OR OTHER SOFT BOUNCY BALLS.**
- 2. PARTNER THROWS BALLS SOFTLY, IN RAPID SUCCESSION FROM 6-10 METRES DISTANCE.**
- 3. CATCHER RECEIVES EACH BALL WITH BARE CATCHING HAND (NO GLOVE). WORK ON HAND RECOIL.**
- 4. TRANSFER BALL TO THROWING HAND QUICKLY AND RETURN BALL TO THROWER. WORK ON HAND QUICKNESS.**