

Catching points

- Catching positions – nobody on base vs runners on base, hand behind your back/leg
 - Clear from the bat – Catcher's interference
 - Let the ball come to you
- Catching the ball – Above the waist, below the waist
- Balls in the dirt – How to block those balls from getting to the backstop.
 - Drop to your knees
 - Glove and hand should cover the hole between your legs
 - Watch the ball bounce off of you, head down.
 - Don't worry about catching it, just keep it from getting by you
 - Slide side to side if you can
- Throwing back to the pitcher
 - Make good throws back to the pitcher
 - Runners on base, especially 3rd – keep an eye on the runners. Make sure they are heading back to the base
 - Once the pitcher has it, baserunners can't advance.
- Throwing out base runners
 - Catch and one step and throw. Get the ball out as quick as you can.
 - Aim to throw at the base and not the infielder covering the base
 - It's the infielder's job to get there by the time the ball is there.
 - If the ball gets by you, then you probably have no chance to get the baserunner – hold it