

# **Keystone Little League Catching Clinic**

## **Framing/Receiving the Baseball**

- Main focus when receiving the baseball is not much movement with the glove or the body. Umpires and Pitchers want to see Catchers that are quiet when receiving a pitch from the Pitcher not a Catcher who is constantly moving or jumping at the Baseball.

## **Catchers Stance**

- 2 Different stances for the Catcher which is crucial to be in the correct position to have the best chance to receive, block and throw the baseball.

## **Framing/Receiving Drills**

- Underhand baseball drill
- 2 finger baseball drill
- Underhand small ball drill
- 6 ball rapid fire drill
- Overhand throw and receiving drill
- Incorporate balance beam where needed

## **Blocking the Baseball**

- When Blocking the Baseball it is very important to use your entire chest protector and don't dive in front and lead with your helmet. Being able to keep the ball close and recovering quickly is key to prevent the runner from advancing to the next base. When teaching younger ball players or catchers for the first time how to block use Tennis Balls.

## **Blocking Drills**

- Triangle Drill
- Triangle quickness drill
- Knees down block and recover
- Down Block position blocking Baseball
- Full Block position blocking baseball
- Block and recover to 2<sup>nd</sup> base
- Quickness up down block

## **Throwing and Footwork for the Catching Position**

- One of the most important things that I was taught when throwing as a Catcher any time you warm up you throw as if you were throwing in the game. Working straight lines in foot work and proper release is very important. The throw for a Catcher is unlike any other players throw on the field.

### **Throwing and Footwork Drills**

- Play the chest game work on good back spin and follow through
- Use small pad for transfer or bare hand
- Do side position throw into net focusing on transfer and finish
- Draw upside down “T” in dirt to go over footwork to 2<sup>nd</sup> base
- Ball in the glove work on transfer on “T”
- Throw ball to Catcher work on footwork and hands to 2<sup>nd</sup> base
- Ball in glove Catcher throws down to 2<sup>nd</sup> Base
- Ball thrown to Catcher work on throws to 2<sup>nd</sup> Base
- Work on Foot work to 3<sup>rd</sup> Base

### **Other Items to Review**

- How to field a Bunt
- How to Catch a pop up and the proper steps
- How to block Home Plate correctly
- How to field and throw a pass ball on a play to the plate

### **Supplies**

Baseballs  
Tennis Balls  
Little Balls  
Beam  
Fungo Bat  
Equipment

Fielding Pad

**If you have any questions about the Catching position please contact me any time.**

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