

CADETS

BASEBALL ACADEMY

“Tools of the Trade” for Catchers

- ❖ Receiving
 - STICK THE LANDING
 - Stance
 - Primary
 - Posture
 - “Stacked”
 - ◆ Ankles, Knees, Shoulders
 - Surface Area
 - ◆ Act Big/Breathe Big/Play Big
 - 45 Degree Arm Angle
 - ◆ Do Not Reach
 - Stay Square to the pitcher
 - TARGET
 - Pre-Pitch Move
 - Secondary
 - Anticipation
 - Vision
 - TARGET
 - Pre-Pitch Move
 - Ready to BLOCK
 - Ready to Throw
 - Rest carries over from primary philosophy
- ❖ Blocking
 - Key Points
 - Let Glove Lead the Body
 - Surface Area
 - block with chest
 - ◆ Not with:
 - Shoulders
 - Glove
 - Top of Head
 - Elbows Tight

- Arch back
 - Roll over ball
- Look in the ball
 - Importance of Vision
- Stay Square to the ball's path
 - Don't angle too far
- Center The Ball
- Match the angle

❖ Defensive Plays / Bunts

□ Fielding Bunts

- Key Points
 - Angle
 - Momentum
 - Rake
 - ◆ Using both Hands to “Rake” The Ball to my glove & hand
 - Stay Low
 - Catch before defending
 - ◆ I have to make sure I anticipate that there will be a bunt, but
 - I cannot be caught off guard if bunt is missed, or
 - The pitch is right where it needs to be
 - Automatic Throw Behind
 - ◆ As soon as I catch a missed bunt,
 - I am automatically throwing behind a runner
 - Most pickoff's happen here due to bad base running

□ Plays at The PLATE

- Key Points
 - Save yourself from INJURY
 - Set your ANGLE and POSITION early
 - Toes Up the 3rd Base LINE
 - Get ATHLETIC
 - Move WITH THE LINE
 - Prepare for War
 - “Si Vis Pacem, Para Bellum” – Latin
 - Always assume and be ready for contact

□ Pop Ups / Fly Balls

- Key Points
 - Ball will come back to
 - ◆ middle of the field
 - ◆ or Pitcher's Mound
 - Stay behind the ball
 - Keep feet Moving
 - Don't Ditch Mask too Early
 - Under Control to the ball
 - ◆ Don't over pursue the ball

- It will come back
 - Catch ball at Highest point
 - Vision
 - ◆ Don't block your eyes
 - ◆ or your glove
- ❖ Throwing
 - 3 Things "I" Control as a Catcher
 - Receiving the Pitch
 - Transfer
 - Accuracy
 - ◆ Things I have NO control over
 - Leads
 - Jumps
 - Speed
 - Pitch Location
 - Time it takes to Get to ME
 - Who's covering
 - Errors at the Bag
 - Key points
 - Receiving
 - ◆ Let the Ball travel
 - The ball will always travel faster to you
 - Wait, Wait, Wait
 - Build Up
 - ◆ I am a Prisoner to the Catcher Box
 - The "Ball SETS ME FREE"
 - Reaching = escape attempt = captivity
 - ◆ Anticipate
 - ◆ Work through the Ball
 - ◆ Momentum Through the Ball
 - ◆ Slight turn on Contact
 - AKA Cheat move
 - Usually with left Shoulder or Knee
 - To get you going in the right direction
 - Transfer
 - ◆ Always High
 - High Transfers = Good Transfers
 - Low Transfers = Stolen Bases
 - ◆ In the BUBBLE or BOX
 - ◆ Violent across My face
 - As soon as ball hits the glove I am:
 - Controlled but Violent
 - Aggressive from transfer to throw
 - Smooth
 - When we are smooth

- ◆ Muscles are faster
- ◆ We are calm
- ◆ We throw out runners

- & Precise
 - All of my movements are
 - ◆ From “A to B”
 - ◆ NO wasted movement
 - ◆ I am efficient
 - ◆ I Work through my target

- ◆ Right Foot down
 - Sets your foundation for the throw
 - Will stay on the ground until release-point

- ◆ Foot-work options
 - Replace, Jab-step, Gain ground
 - Replace:
 - Right foot “Replaces” the Left foot
 - Jab-Step:
 - Short, Quick first step
 - ◆ Center of my body
 - ◆ 2 inches out or less
 - Gain Ground:
 - Same as Jab-Step
 - ◆ But more space covered towards the plate
 - Maximize Hand-Work
 - Transfer MAKES OR BREAKS my throw
 - I must have good hands to play this position.
 - ◆ Bad Hands = baDHands = DH
 - Ball “SETS ME FREE”
 - DO NOT REACH

Catcher Drills

❖ Receiving Drills

- Can use: Bare Hand, Midget Glove, or Regular Glove
 - Knee Drill
 - ◆ Both knees on ground
 - ◆ Target ready
 - ◆ Pre-Pitch Move
 - ◆ Upper body normal
 - ◆ Focus on:
 - getting glove hand to the ball
 - Be Soft
 - Exhale
 - Thumb UNDER the Ball
 - Standing
 - ◆ Athletic Position / Linebacker stance
 - ◆ Same as Knees
 - ◆ Now incorporating a little of the lower body to help get “Behind the Ball”
 - Primary Stance
 - ◆ Working on Stance as well as the fundamentals of receiving
 - ◆ Focus on:
 - Good posture
 - Let Ball Travel
 - Working Around knee
 - Stick the Landing
 - Secondary Stance
 - ◆ Same focus as Primary Stance
 - ◆ Make sure stance does not hurt level of TARGET
 - Tennis Ball or Regular Ball
 - ◆ Focus on:
 - Soft Hands
 - Sticking the Landing
 - 3-Finger Drill
 - ◆ Focus on:
 - Using your fingers to catch the ball
 - Catching the ball in the “Pocket”
 - Wall Ball
 - ◆ Main Focus:
 - Reaction Time
 - Reflexes
- Rapid Fire / Quick Hands

- ◆ Focus:
 - Reaction Time
 - Anticipation
 - Quickness
 - Pre-Pitch Move
 - Reflexes
- Duck Walk / Step Up
 - ◆ Focus:
 - Hip Mobility
 - Resetting into stance
- Angle Toss / Angle Throw
 - ◆ Focus:
 - Beating the ball to a spot
 - Thumb up on glove side
 - Thumb through on arm side
- Hop or Jump forward w/ Receive
 - ◆ Focus:
 - Balance
 - Stance
 - Being “Stacked”
- Hop or Jump sideways w/ Receive
 - ◆ Focus:
 - Anticipation
 - Reaction
 - Quickness
 - Athleticism
- Platform Receiving
 - ◆ Focus:
 - Balance
- Machine Receiving
 - ◆ Focus:
 - Simplifying
 - Slowing The Game DOWN
 - Increasing reaction speed
- Fungo Receiving
 - ◆ Focus:
 - Reaction Time
 - Vision
 - Toughness
 - Competition
- CHEAT DRILL
 - ◆ Focus:

- Anticipation!
- Receiving
- Blocking
- Game Like
- Competition

❖ Blocking Drills

- Blocking Position & Absorb
 - On the ground
 - Already set in blocking position
 - ◆ Focus:
 - Proper blocking position
 - Angle
 - Absorb
 - Vision
 - Surface Area
- Knee Drill
 - On the Ground
 - Lower body removed
 - ◆ Focus:
 - Taking Glove to ground
 - Vision or tracking the pitch
 - Slowing down mechanics
- Mini Glove
 - 5-hole coverage
- Regular Glove
 - Close to live
- Glove on Ground
 - Glove and hand out in front
 - Infielder's position
 - As ball is thrown, body follows glove into position
 - ◆ Focus:
 - Following the ball
 - Position
 - Using my glove to lead
- Sliding into position
 - Reinforces getting over my toes and gaining ground
 - ◆ Always sliding forward in this drill
 - Best when done on turf
- Cheat Drill
 - Knees
 - Regular

- Tennis ball
 - ◆ Focus:
 - Anticipation
 - Keeps players from cheating
 - Keeps players in position & ready to React
 - Faster than Game Speed / Building Toughness
 - Fungo's @ Distance
 - Fungo's from Mound
 - Machine (Tennis or Regular)
 - Carnival Blocking (4 to 6 balls)
 - Reinforces proper technique
 - ◆ Dry block or with throw
- Fielding Drills
- Bunt Drills
 - Carnival (Straight or Staggered)
 - 3 or 4 ball angle drill
 - 1 knee "Rake" and Throw
 - Bare Hand / Midget Glove fielding
 - Live / Simulated bunts
 - Block, Recover, Throw
 - Plays @ the Plate Drills
 - Stance and Set-Up
 - ◆ Walk through positioning at Home Plate
 - Football Dummy
 - ◆ Preparing for contact
 - ◆ Feels hit with bag after fielding throw
 - Fungo (Field & Tag)
 - ◆ Fielding line drives and hops hit from fungo
 - Live / Simulated
 - Pop Ups
 - Fungo Pops
 - ◆ Midget or Regular Glove
 - Machine
 - ◆ Midget Glove or Regular
 - 1 ball
 - 2 balls
 - 3 balls
 - Under-Hand Toss
 - ◆ Quick reaction
 - Bunt pop up simulation
 - Turn and Go
 - ◆ Find and Seek
- Throwing Drills (can ISOLATE movements when needed)
- Transfer Only

- Standing
- Both Knees Down
- 1 Knee Down
- Staggered Stnce w/ Side toss
- Ball-In-Hand
- Rapid Fire
- Front Toss
- In-Stance
- Transfer and Throw
 - Standing
 - Both Knees
 - 1 Knee
 - Staggered Stance w/ Side Toss
 - Ball-In-Hand
 - Front Toss
 - Rapid Fire
 - 4 Corners
 - Target Drill
 - Through The bag