

# Teaching Catching



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## Coaches Online Certification Program

# Catching Priorities

- 1. Run the defense
- 2. Catch the Ball
- 3. Block balls in the dirt
- 4. Throw runners out stealing

# Primary Stance



- Knees wide, toes down foul lines
- Rear end below knees
- Glove low, elbow outside knee
- Chest tall to create big target

# Secondary Stance



- Knees wide, toes to pitcher
- Thighs parallel to ground
- Glove low, elbow outside knee
- Throwing hand behind the glove in a loose fist

# Receiving

- Catch the ball with some bend in the elbow
- Don't snatch forward
- Sway side to side, don't grab and turn the glove
- Shoulders and knees should remain square



# Blocking



- Lead with the glove
- Push off with your foot
- Slide on the knee

# Blocking #2

- Lean forward off your calves
- Don't turn the body to expose anything
- Keep chin down and chest over the ball



# Throwing



- Jab step- take right foot forward straight to second
- Exchange from glove to hand at the chest
- Bring ball straight back to ear “bow and arrow”
- Right foot also lines up with second
- Gain ground to the base