

Oregon State University

Catching Fundamentals

“If great pitchers are thoroughbreds,
great catchers are the jockey riding them.”

Receiving

Signal Stance:

1. 1st & 3rd basemen should not see your signs
2. Grab your cup with your hand to keep from showing fingers below legs
3. Keep right elbow close to your body (wear sleeves if possible)
4. Glove underneath left leg
5. Bring Glove to signal hand so that you do not carry sign out into the open
6. Signal to receiving stance: when pitcher begins motion
(want to be underneath back elbow of the hitter)
 - a. Right-Left
 - b. Left-Right
 - c. Split Step
 - d. Slide—Fake—Relocate

Receiving Stance: (nobody on less than 2 strikes)

1. Wide stance: feet even with or outside of shoulders
2. Toes can point out so that you are comfortable and can get lower
3. Glove elbow flexed outside of knees
4. Glove 5 fingers up—good low target!

Receiving Stance: (2 strikes or runner on base)

1. Wide stance: feet even with or outside of shoulders
2. Left Foot—perpendicular
3. Right foot at approximately a 45 degree angle—staggered behind left foot
4. Butt square to pitcher
5. Two-hand catch—elbows flexed outside of knees
6. Glove 5 fingers up—good low target!

Receiving:

1. Flexion to start with—half rotation of glove
2. Glove beats the ball to location (quiet glove)
3. Meet the ball v. catching the ball (catch out front where the umpire can see it)
4. Let arm give (shock absorber)

Framing:

1. Glove side pitch: roll the thumb
2. Low ball: catch out front 5 fingers up
3. Away from glove side: stick it
4. High ball: catch closer to your body with glove down (might get a call)

Keys for umpires:

1. Let the pitch “sit” when in zone so that umpire can see it.
2. Close to either edge: double frame (hold a count longer)
3. When not a strike don’t try to pull it in—don’t piss umpires off!
4. When talking to an umpire, be positive. If you don’t agree, find a positive way to say it and DO NOT turn around to show the umpire up!

Blocking

1. Before each inning prepare the front of the plate (level with plate)
2. Passive, soft, relaxed body
3. Shoulders—knees aligned
4. Chin down
5. Thumbs out
6. Beat the ball to where it is
7. At you—reduce distance
8. Left/Right: create angles outside the ball

Throwing

1. Slow is fast: QUIET & CONTROLLED
2. Maintain posture—keep the eyes level and the head inside of left knee
3. Separate out front at mid-section
4. Force elbow up immediately to shorten the arm circle
5. Equal & Opposite with shoulders
6. Butt stays down (should not go up more than 8” maximum)
7. Feet stay underneath you: stay in your legs
8. Take momentum toward your target—throw against a firm front side

Throwing out runners at 2nd base:

1. Right foot can begin to move when you see runner going.
2. Catch out front: quickness under control always beats velocity
3. What you do: scissor step/jump pivot/chug step: I don’t care
4. (RHH) Ball caught inside and middle: must rake, step, and throw
5. (RHH) Ball caught on outside: plant right foot and throw
6. (LHH) Ball caught on inside: step to clear and throw
7. (LHH) Ball caught middle: step and throw
8. (LHH) Ball caught on outside: rake, step, and throw

Throwing in a 1st-3rd base situation: (same footwork as mentioned above)

1. Look ahead of time at 3rd base
2. If hands are down, throw to 2nd base
3. Can fake snap throw and throw to 3rd base (we will work on this)
4. Throw to 3rd base

Throwing to 3rd base:

1. Ball middle-in: lead step or back step and throw
2. Ball away: right foot plant and throw

Catcher's picks:

(1st base)

1. Drop step: two knees (key—drive left knee down 1st base line)
2. Jump pivot—throw: (key—maintain posture)

(3rd base)

1. Drop step: two knees (key—drive left knee down 3rd base line)
2. Jump pivot—throw: (key—maintain posture)

KEY POINT: throw up and inside base line so you don't hit the runner!

When to pick at 3rd base:

1. After a 3b has been hit—tired legs
2. After a SB
3. Lazy getting back to bag

Bunt:

KEY POINT: After failed bunt attempt: pick lead runner! This should be an automatic.

1. Always get an out—when in doubt—go to 1st base.
2. Getting lead runner must be a “NO DOUBTER”!

(throwing to 1st base)

1. 1st base line: clear, rhythm step, throw
2. 3rd base line: circle ball, rhythm step throw
3. NOTE: If drag or great bunt: plant right leg, false step, and throw
4. All other throws: circle, rhythm step, and throw

(throwing to 2nd base)

1. Shoulder must be aligned to 2nd base: must circle ball
2. Stay in legs, rhythm step, and throw

(throwing to 3rd base)

1. Shoulders must be aligned to 3rd base: must circle ball
2. Stay in legs, rhythm step, and throw

NOTE: Keep feet underneath you and stay out over the baseball

1. If ball is moving, we will scoop
2. If ball is DEAD, drive ball into ground with entire hand (pitch fork) and pick it up

Pitchouts:

(RHH) Right foot forward at 45 degrees—jump pivot—throw

(LHH) Left foot forward at 45 degrees—jump pivot—throw

Intentional Base-on-Balls:

(RHH) Stand up—Right arm out—stay in your legs—step into batter's box

(LHH) Stand up—Left arm out—stay in your legs—step into batter box