

CATCHING GUIDELINES

Catchers Signals to Pitcher with a Runner on Second Base

There are numerous ways to change signals so the runner at second base will not tip the batter off on what pitch is coming (example, second sign during even innings, third sign during odd innings, catcher touches mask, chest protector or shin guard to indicate first, second, or third sign).

Priorities in Order

- Good receiver
- Good blocker
- Good thrower
- Call good game
- Hit

Stances

Signal Giving Stance

- Feet close together, toes pointed to pitcher.
- Knees closed, don't let coaches or base runners see the signs. The glove needs to be outside the left leg between the foot and knee. This helps catchers that have a tendency to "dangle" signs lower, below their crotch.
- Authority. Give confidence to your pitcher (chest high, shoulders back).
- When using a sequence, don't go fast and whatever pitch you want, call twice during sequence.
- Before giving sign, peek at batter to see his adjustments from pitch to pitch.

Primary Stance

- Used with nobody on and less than two outs.
- Used to make pitches look good.
- Feet pointed at 1B and 3B, weight on inside part of feet.
- Set up close to hitter (arm's length from back knee).
- Knees close together and butt close to ground.
- Glove arm outside and above left leg.
- Glove arm 90% extended and index finger is at 1:00 o'clock.

Secondary Stance

- Used with a runner on or 2 strikes on the batter.
- #1 priority is to stop or change direction of the ball.
- Keep low target, feet parallel and wider than shoulders.

Receiving

Catching the Pitch

- Index finger rotates from 1:00 o'clock to 12:00 o'clock.
- Always try to catch the ball in middle of chest, sway from side to side.
- Catch pitch with soft hands, catch ball between thumb and pointer finger but avoid egg toss takeaway.

Framing

- Begins with body.
- Only frame pitches 6 inches from strike zone.
- In order to frame pitch, you must beat the ball to the spot where you are catching it.
- Always move glove in toward strike zone (move wrist only).
- On pitches to your right away from a righty, catch ball with thumb down.
- Low pitches you must stick, don't bring them into your body.
- Catch high pitches deep so they have more time to sink into strike zone.
- Thumb should be the last part of the hand to touch the ball.