

# GIVING SIGNS

The catcher tells his pitcher which pitch he wants him to throw and where he wants it by flashing signs with his fingers.

- 1 Hold your bare hand close to your body.
- 2 Point your right knee toward the second baseman and
- 3 hold your glove down by your left shin. This blocks the view of most of the other team's players and coaches.

If the pitcher doesn't agree with the choice, he can shake his head, "no." The catcher will then change the sign or insist on the first one. If you can't agree, ask for time and talk it over on the mound.

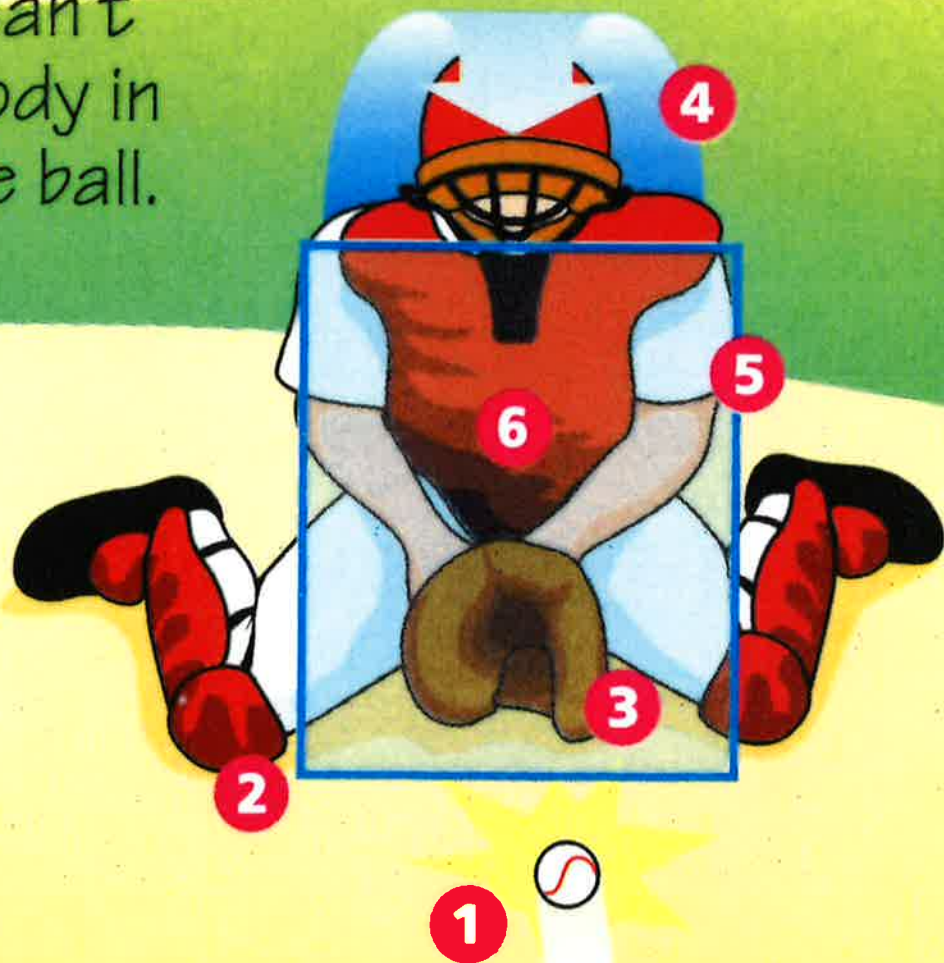




# BLOCKING PITCHES

When a **1** pitch hits the dirt, **2** the catcher goes to his knees, **3** turns his mitt fingers-down and **4** leans his body forward. Try to **5** **make a box around the ball** and **6** absorb the ball's force with your chest protector.

If the pitch is also wide, shift your body out and try to make your box. Don't try to backhand the ball except as a last resort, when you can't get your body in front of the ball.



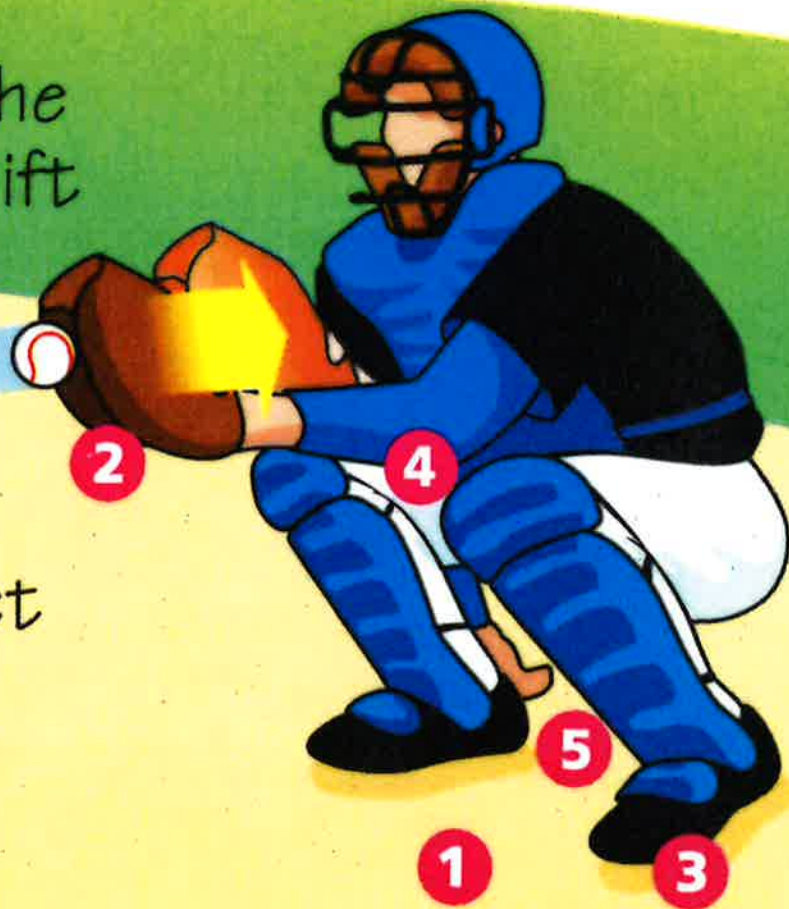


# RECEIVING PITCHES

**1** Start with a solid, wide stance. **2** Set your glove low and **3** keep your weight forward and on the balls of your feet as the pitch comes in. **4** Extend your glove arm in front of you, with the elbow bent slightly, ready to absorb the force of the ball. Let your bare hand **5** hang down at your side, knuckles forward, so a foul tip won't break any fingers.

Keep square to the pitcher when you shift to the side or block a ball in the dirt.

If you turn your body, your equipment will not protect you as well.





# THROWING TO BASES

The catcher needs a quick release when throwing to a base. The keys to success are **quickness out of the crouch** and a **short arm motion** on the throw.

Anticipate throwing situations before the pitch. Set up with your hips a little higher and **1** your push foot dropped back a bit. As you receive the pitch, **2** begin coming out of your crouch and step toward your target.

Bring the ball back just to your ear, **4** drive off your push foot and get all your body into the throw. **5** **Take your eyes to the target** throughout the throw.





# FOUL POP-UPS

When the ball goes up behind the plate, **1** get your mask off quickly and find the ball. **2** Hold on to your mask until you're sure where the ball's coming down, then toss it well out of your way, in foul ground. Call for the ball, get your mitt up to head level and make a two-handed catch.

If the pop-up is foul, **3** turn your back to the mound – the ball's spin will bring it back toward you. If it's fair, an infielder will probably have an easier play on the ball.

