



Baseball Miracles

PRO TIPS

Making a Difference Through Charity and Kindness

CATCHING

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Set-up (nobody on)

- comfortable, athletic, and balanced
- flexible through hips
- athletic base, don't want feet too close together
- want to be able to sit low
- good posture (not hunched over)
- give a good, firm target to pitcher at bottom of strike zone-throwing hand behind right leg or back to protect from foul balls

Set-up (with runners on)

- up more in ready position to throw or block but still in good position to receive pitches
- drop the right foot back a bit to help be quicker to get into throwing position if runner steals-throwing hand closer to glove to help be quick with exchange if runner steals

Receiving the ball

- Want to be soft and quiet-make sure receiving hand and elbow stays relaxed as pitch is coming
- Let the ball come to you as opposed to reaching out or stabbing at the ball
- see the ball in, head and eyes down on the glove as you catch it

Throwing to 2B

- gain ground and momentum towards 2B with short quick jab step with right foot to start your footwork
- left foot follows with stride toward 2B-should be in line with good direction towards 2B
- stay as low as possible through process (don't stand straight up)
- keep front side closed, throwing elbow up, and fingers on top of baseball as you throw to help get carry to throws
- think about throwing through 2B

Blocking

- keep head down, chin tucked
- throwing hand behind glove
- glove covering the hole between legs
- body leans forward some-be a pillow, absorb the ball
- get around balls to the side of you to keep ball in front of you