

JOE WILKINS

Catching



Plays
at
The Plate

Plays at the Plate - Techniques



- *Catcher sets up 6 inches to 1 foot in front of plate
- *Set up inside the line and give the runner the outer third
- *Bent knees and squat position to react to throw
- *Always ready to direct traffic - be a leader
- *Stay low and expect a bad throw



- *This view is when the throw is from right field
- *Left foot is in same position
- *Right foot opens up toward right field
- *Stay low and expect a bad throw



- *While ball is being caught jab-step toward runner
- *Stay lower than the runner
- *Don't let him slide underneath you!
- *Apply tag with both hands if possible
- *Show umpire the ball and look for other possible outs



- *Reverse view of tag position
- *Forward lean for leverage
- *Left foot stepped toward outer third you already gave the runner
- *Runner will slide toward the outer third you give him most times

Plays at the Plate - Drills

Take fungos in full gear from the shortstop position during batting practice - practice the catch and tag
Take short throws from the coach, working on hands and feet-positioning
Take throws from the outfielders, working on set-up, hands and feet position
Use baserunners in the drill - they get work at the same time the catcher gets work