



78TH Precinct Youth Council

The Catcher

BASIC CATCHER'S POSITIONS

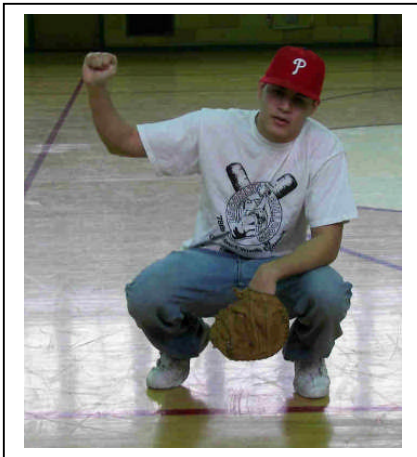


Make sure Home Plate is in the center of your body and the foot of your throwing hand is slightly behind the other foot.



Reach to the batter's elbow to measure how far back you should set up.

Catching when there is no runner on base



Protect the fingers on your throwing hand. Make a fist with your throwing hand. Then place it either behind your back or in the crease of your leg.

Catching when there is a runner on base

(by putting your hand in a position to get the ball out of your mitt quicker.)



To get the ball out of your mitt quicker, place your throwing hand directly behind the mitt.

MAKING A PLAY AT HOME PLATE ON A RUNNER COMING FROM THIRD BASE AFTER A PASSED BALL

Throwing the ball underhand to the pitcher covering home plate



The receiving position of the Pitcher who covers home plate and receives the ball from the catcher



A special thanks to Pedro Adorno, Jr. and Marc Lussier, Jr.