



National Player & Coach Development Pathway



DEVELOPING SOX

Under 18 Catching Mechanics and Critiquing Sheets

Emphasis for all young catchers should focus on speed, agility, and good mechanics



U18 Catching Mechanics & Critiquing Sheet


<p>Squat</p> 	<ul style="list-style-type: none"> • Displays proper form (feet shoulder width or wider apart, heels off ground, trunk bent forward, good target) • Throwing hand protected • Close to batter/plate without interference • Glove hand blocking view and concealing signals 	<p>Yes /No</p> <p>Yes /No</p> <p>Yes /No</p> <p>Yes/No</p>
<p>Receiving</p>	<ul style="list-style-type: none"> • Late body shift after calling signal • Catching ball in centre of body • Arm extension & quiet hands • Eyes Open • Keep ball in front 	<p>Yes/No</p> <p>Yes/No</p> <p>Yes/No</p> <p>Yes/No</p> <p>Yes/No</p>
<p>Framing</p> 	<ul style="list-style-type: none"> • Stick it (Extending arm outward and holding firmly) • Quiet hands (not stabbing or shifting ball) • Palm to plate method • Wrist check 	<p>Yes/No</p> <p>Yes/No</p> <p>Yes/No</p> <p>Yes/No</p>
<p>Blocking/receiving dirt balls</p>	<ul style="list-style-type: none"> • Puts body in front of ball? • Dome shape block (chin tucked, back bent) 	<p>Yes/No</p> <p>Yes/No</p>

	<ul style="list-style-type: none"> • Eyes open • Throwing hand behind glove • Immediate knee drop • Proper angle to pitch (with balls to left or right) 	<p>Yes/No</p> <p>Yes/No</p> <p>Yes/No</p> <p>Yes/No</p>
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Throwing	<ul style="list-style-type: none"> • Backspin on ball • Appropriate set up (back pivot foot slightly open, ready at every pitch) • Quick feet (pivot or drop step) • Glove to ear transfer with elbows up • Downward follow through with body • Power in throw • Accuracy (Throw to knee) • Pop time (time from catcher receiving to defender receiving their throw) 	<p>Yes/No</p> <p>Yes/No</p> <p>Yes/No</p> <p>Yes/No</p> <p>Yes/No</p> <p>Great/Need improvement</p> <p>Great/Need improvement</p> <p>Great/Need improvement</p>
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Knee Throws	<ul style="list-style-type: none"> • Displays accurate throw (1 hop is ok) 	<p>Great/Need improvement</p>
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	<ul style="list-style-type: none"> • Backspin • Quick transfer & pop time • Explodes knee out and transfers weight through throw 	<p>Yes/No</p> <p>Great/Need Improvement</p> <p>Great/Need improvement</p>
<p>Tagging</p>	<ul style="list-style-type: none"> • Feet are straddling over plate giving runner a lane to slide into • Uses body to keep ball in front • Drops down on knee to block and tag • Ready recovery for additional runners • 2 hand tag (if possible) • Low centre of gravity 	<p>Yes/No</p> <p>Yes/No</p> <p>Yes/No</p> <p>Yes/No</p> <p>Yes/No</p> <p>Yes/No</p>
<p>Passed balls</p>	<ul style="list-style-type: none"> • Moves quickly to passed ball • Accurate underarm/forehand flicks • Attempts to position body/feet in line for a quick throw 	<p>Yes/No</p> <p>Yes/No</p> <p>Yes/No</p>
<p>Fielding bunts</p>	<ul style="list-style-type: none"> • Quick out to bunt/short game hits • Sets feet up to angle of throw • Side scoop or free hand method • Accurate throw 	<p>Yes /No</p> <p>Yes /No</p> <p>Yes /No</p> <p>Yes/No</p>



Fielding pop ups	<ul style="list-style-type: none"> • Quick up to move, turning body away from batter • Two hand catch above eyes • Puts body online if needed 	<p>Yes /No</p> <p>Yes /No</p> <p>Yes /No</p>
Positioning and backing up	<ul style="list-style-type: none"> • Runs to back up first base • Runs to third for cover in bunt situation if necessary 	<p>Yes /No</p> <p>Yes /No</p>
1 & 3 Plays	<ul style="list-style-type: none"> • Understands priorities for 1 & 3 plays • Has a quick and accurate line-drive throw through the pitcher, 2ndbaseman, and short stop • Sells their throw • Able to identify when the 3rdbase runner is taking too large of a lead • Able to adjust play based on 3rdbase runner • Deceiving pump fake throw 	<p>Yes/No</p> <p>Yes/No</p> <p>Yes/No</p> <p>Yes/No</p> <p>Yes/No</p> <p>Yes/No</p>
Pickoffs & Big leads	<ul style="list-style-type: none"> • Understands why pickoffs are thrown and when they should be 	<p>Yes/No</p>

	<p>used</p> <ul style="list-style-type: none"> • Quick & accurate throw to the knee • Understands how to identify a delayed steal off a pickoff • Manoeuvres out of the way of batters to throw 	<p>Yes/No</p> <p>Yes/No</p> <p>Yes/No</p>
<p>Catching attributes: leadership, communication, mental toughness</p>	<ul style="list-style-type: none"> • Displays leadership qualities • Loud and constructive communication with pitcher, umpire, team, and coaches • Aware of the next play and other base runners • Understands game situations • Understands pitchers' strengths and weaknesses • Understands batter's strengths/weaknesses and is able to call pitches based on their knowledge 	<p>Yes /No</p> <p>Great/Need improvement</p> <p>Yes /No</p> <p>Yes /No</p> <p>Yes /No</p> <p>Yes /No</p>
<p>Calling the game</p>	<ul style="list-style-type: none"> • Calls pitches based on the pitcher's strengths/weaknesses • Understands what pitches to call based on team defence and positioning • Understands what pitches to call based on game situations • Understands strengths and weaknesses of different hitting styles and technique • Understands what to call based on pitch counts 	<p>Yes/no</p> <p>Yes/no</p> <p>Yes/no</p> <p>Yes/no</p> <p>Yes/no</p>