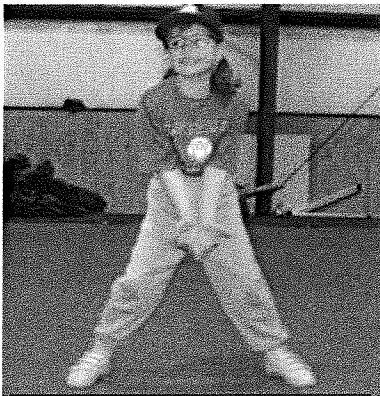


Catching - Teaching Progression

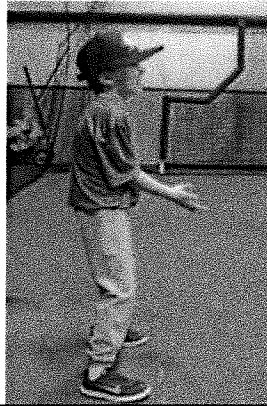
Ready-Watch-Catch – No Glove

The first Ready-Watch-Catch are focused on catching with no glove and is more concerned with hand-eye coordination, confidence in catching and not being scared of the ball/object. Not using a glove should be the first part of the progression for catching. These principles can be used with a glove as well with some slight modifications in the second part of catching.

Ready – in an athletic position with our legs, we want our 2 hands out front of our body close to one another, and our palms facing out. Our hands should be near the middle of our body to react to either a high throw or a low throw.



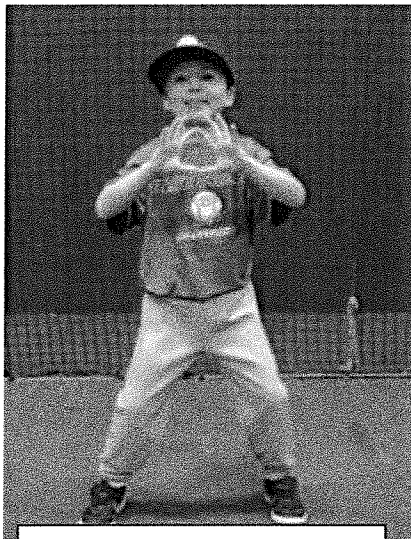
Ready Position Front view



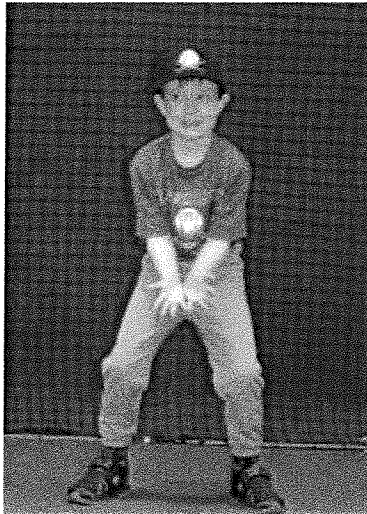
Ready Position Side view

Watch – in our READY position, we want to keep our eyes open and concentrating on the ball. When the ball/object is thrown, it is important to keep our eyes open so we don't lose track of where the ball is. We want to watch the ball all the way until it is secured in our hands/glove

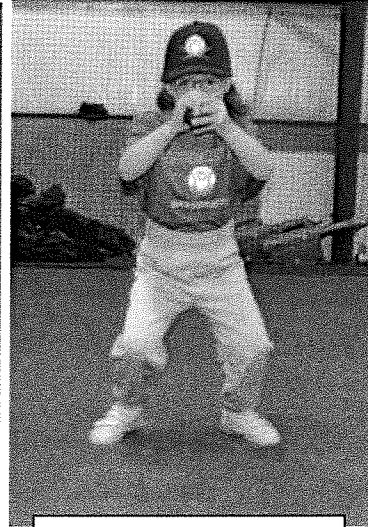
Catch – if the ball is above the waist, we want to put our thumbs together, and index fingers together making a triangle. If the ball is below the waist, put your pinkies together. Make sure that the fingers are spread wide for more coverage. When the ball/object hits the hands, close both hands around the object and squeeze firmly. Make sure that we let the ball/object come to us, and we don't jump at the ball.



Catch above waist



Catch below waist



Squeeze Ball

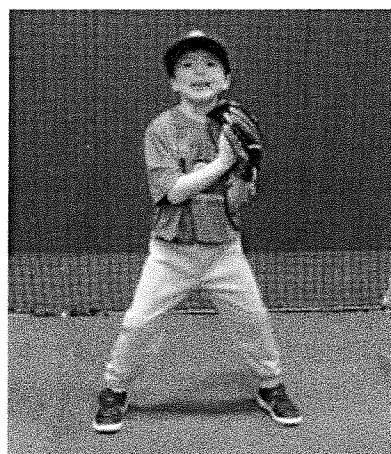
Catching – Glove

With a glove, all of the aspects of catching are the same with the following modifications.

Ready – all of the same principles, as with no glove apply here.

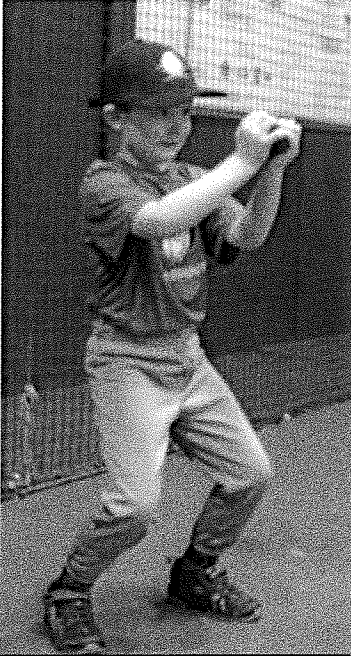
Watch - all of the same principles, as with no glove apply here.

Catch – a few changes need to occur when using a glove for catching but the basic principles still apply. But rather than closing both hands around the ball, you want to close your glove hand first with the ball in it, and then cover your glove with your throwing hand. With players that might not be strong enough to close their gloves, try to have them cover the ball with their throwing hand in their glove. This will be very difficult on anything above the waist, so try to strengthen their hands by squeezing objects such as bean bags, foam balls etc.

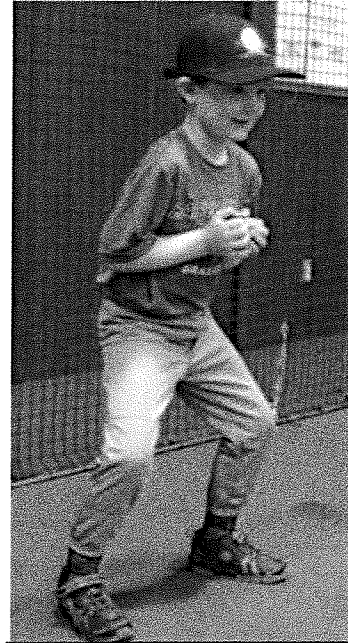


Catching – Cradle/Cushion 6U

Cradle/Cushion – after progressing through the Ready-Watch-Catch the next thing we want to teach is how to cushion/cradle the caught ball. As the ball is coming towards our hands, we bring our hands towards our chest to take away some of the speed of the throw. This will also allow us to be quicker when throwing the ball as they get a bit older.



Catch Hands Out



Catch after cradle

Catching with lateral movement – 7U

Movement – Moving towards the ball when catching can be very a very difficult task. We need to make sure that we are under control and balanced with our bodies, and try to slow down as we approach the ball. When we are moving, we want our glove to be in a relaxed running position. As we slow down to approach the ball, we can get into our READY-WATCH-CATCH.

Catching with vertical movement – 8U

Movement – Moving towards the ball vertically can be one of the more difficult things to do. There are a lot of things to judge; direction of the ball, speed of the ball, trajectory of the ball, height of the ball, and then have to match all of that information with how we should move towards the ball. When moving to catch a ball, it is important to try and keep your head and eyes as steady as possible so you can track the ball easier. This means not bouncing when you run, but rather a more smooth, gliding technique. Also make sure that the eyes always stay on the ball so you can track it all the way until the ball hits the glove. If we can, its much easier to catch the ball when not moving, so trying to teach the players to run

as fast as they can to where the ball will end up, and then stop to catch it is the best and easiest way for them to catch the ball. When catching the ball, we want to make sure that the ball is directly over top of us, with our glove just slightly to the glove side of our head so we can still see the ball come into the glove (INSERT PIC).

Catching with 1 hand – 9U

In 8U, we learnt how to run to a fly ball and get underneath the ball so we can catch it and put ourselves in a good position. Whenever we can, we want to try to catch the ball with two hands because its quicker to get the ball out of the glove and also gives us more of a cushion if the ball bounces around in the glove. In 9U, we are getting more comfortable moving to balls and sometimes we can't get in the perfect position under the ball to catch it. Sometimes, we have to stretch our glove arm as far as we can, so we can catch the ball (INSERT PIC). We have practiced catching with one hand before, but that was when we are static. Now, we are dynamic and trying to catch a ball with one hand is much more difficult.

You can practice this with a glove or without a glove. If you are not going to use a glove to practice this, make sure to use a ball that is softer and something that they are able to squeeze with their bare hand.

To start off, when practicing catching with one hand, have the players moving forward, or laterally. You can increase the level of difficulty with this progression by having players go backwards. We want them comfortable with an outstretched arm first before making it more difficult.