



Guelph Minor Softball Association

Catching Technique and Drills Proper Catching Position:

- Players start by facing the target.
- The foot of the glove hand should be closer to the target with the foot of the throwing hand back in the stance.
- The glove hand should be eye level and out in front of the body.
- Fingers up and palm facing the target.
- Elbow should be bent slightly and arm should be in position to make a full circle in front of the body.
- Other hand should be close to the thigh to close the glove once caught.
- The goal is to practice with the palm face the target.
- Balls thrown to players above the belly should be caught with fingers up, below the belly fingers down.

Proper Form Drill:

- Without a ball –have the players get into catching position and talk them through each step.
- Show the players by making a full circle in front of your body with your catching hand.
- Have the players copy you.

Coach to Player Catch:

- With younger players it is important to start slowly with catching. Confidence is key to the kids developing into good catching players.
- Have player stand in the proper stance about 10 feet from the coach.
- Line up 2 or 3 players per coach.
- Coach throws ball at the glove and the player is asked to watch the ball into the glove.
- With a successful throw and catch –plenty of congratulations is needed. Encourage the players.

Note - Important for coach to throw accurately. Tennis ball can also be used.

Soft Toss Catch:

- Players start by facing the target without a glove.
- Coach softly toss a ball to player which attempts to catch with bare hands.
- The player should attempt to catch with two hands away from the body.
- Fingers up and palm facing the target.
- This drill is done at close distances.
- After a few successful tosses and catches, conclude this drill with a glove on.
- Encourage player to catch as they did without the glove.
- Drill can also be done with a tennis ball.