



National Player & Coach Development Pathway

ROOKIE SOX

Under 13 Catching Mechanics and Critiquing Sheets

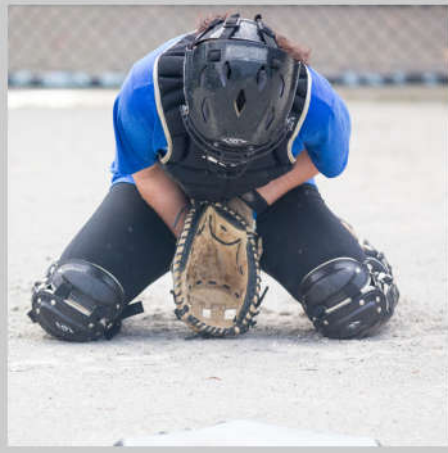
Emphasis for all young catchers should focus on speed, agility, and good mechanics





U13 Catching Mechanics & Critiquing Sheet

<p>Squat</p> 	<ul style="list-style-type: none"> • Low squat position with feet shoulder width or wider apart with heels off ground, trunk bent forward • Good Target: glove arm extended with fingers up • Throwing hand protected • Close to batter/plate without interference • If giving signals, glove hand blocking view and concealing signals 	<p>Yes /No</p> <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"> • Catching ball in centre of body • Arm extension • Eyes Open • Keep ball in front • Quiet hands 	<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 balls in the dirt</p>	<ul style="list-style-type: none"> • Willing to put body in front of ball? • Dome shape block (chin tucked, back bent) • Eyes open 	<p>Yes/No</p> <p>Yes/No</p> <p>Yes/No</p>

	<ul style="list-style-type: none"> • Throwing hand behind glove 	Yes/No
	<ul style="list-style-type: none"> • Immediate knee drop 	Yes/No
	<ul style="list-style-type: none"> • Proper angle to pitch (with balls to left or right) 	Yes/No



Throwing  	<ul style="list-style-type: none"> • Backspin on ball 	Yes/No
	<ul style="list-style-type: none"> • Appropriate set up (back pivot foot slightly open, ready at every pitch) 	Yes/No
	<ul style="list-style-type: none"> • Quick feet (pivot or drop step) 	Yes/No
	<ul style="list-style-type: none"> • Glove to ear transfer with elbows up 	Yes/No
	<ul style="list-style-type: none"> • Downward follow through with body 	Yes/No
	<ul style="list-style-type: none"> • Power in throw 	Great/Need improvement
	<ul style="list-style-type: none"> • Accuracy (Throw to knee) 	Great/Need improvement
	<ul style="list-style-type: none"> • Pop time (time from catcher receiving to defender receiving their throw) 	Great/Need improvement

<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>
		
<p>Fielding pop ups</p>	<ul style="list-style-type: none"> • Quick up to move, turning body away from batter • Two hand catch above eyes 	<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>
Catching attributes: leadership, communication, mental toughness	<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 • Ability to bounce back and remain focused after a mistake or a run scoring. 	<p>Yes /No</p> <p>Great/Need improvement</p> <p>Yes /No</p> <p>Great/Need Improvement</p>

Additional Comments: