



Under 15 Catching Mechanics and Critiquing Sheets

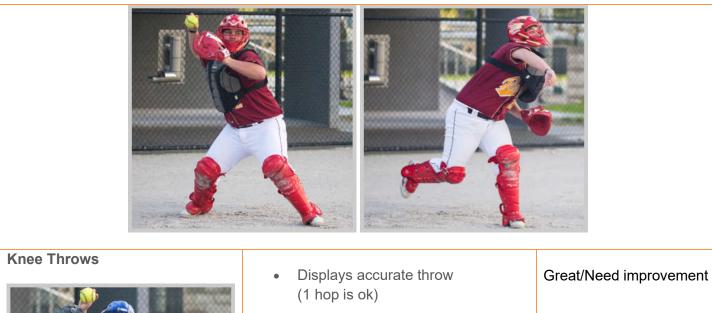
Emphasis for all young catchers should focus on speed, agility, and good mechanics



U15 Catching Mechanics & Critiquing Sheet

| <section-header></section-header> | 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 | Yes /No Yes /No Yes/No Yes/No |
|-----------------------------------|--|--|
| <section-header></section-header> | Catching ball in centre of body Arm extension Eyes Open Keep ball in front Quiet hands | Yes/No Yes/No Yes/No Yes/No |
| Framing | Stick it (Extending arm outward and holding firmly) Quiet hands (not stabbing or shifting ball) Palm to plate method Wrist check | Yes/No Yes/No Yes/No Yes/No |
| Blocking/receiving dirt balls | Willing to put body in front of ball?Dome shape block (chin tucked, | Yes/No Yes/No |

| | back bent) Eyes open Throwing hand behind glove Immediate knee drop Proper angle to pitch (with balls to left or right) | Yes/No Yes/No Yes/No Yes/No |
|----------|---|--------------------------------------|
| | | |
| Throwing | Backspin on ball | Yes/No |
| | Appropriate set up (back pivot foot slightly open, ready at every pitch | Yes/No |
| | Quick feet (pivot or drop step) | Yes/No |
| | Glove to ear transfer with elbows up | Yes/No |
| | Downward follow through with body | Yes/No |
| | Power in throw | Great/Need improvement |
| | Accuracy (Throw to knee) | Great/Need improvement |
| | Pop time (time from catcher receiving to defender receiving their throw) | Great/Need improvement |





Tagging

| • | Displays accurate throw (1 hop is ok) | Great/Need improvement | |
|---|--|--|--|
| ٠ | Backspin | Yes/No | |
| • | Quick transfer & pop time Explodes knee out and transfers weight through throw | Great/Need Improvement Great/Need improvement | |
| | | | |
| • | Feet are straddling over plate giving runner a lane to slide into | Yes/No | |
| • | Uses body to keep ball in front | Yes/No | |
| ٠ | Drops down on knee to block and tag | Yes/No | |
| • | Ready recovery for additional runners | Yes/No | |
| • | 2 hand tag (if possible) | Yes/No | |
| • | Low centre of gravity | Yes/No | |



| Passed Balls | Moves quickly to passed ball Accurate underarm/forehand flicks Attempts to position body/feet in line for a quick throw | Yes/No Yes/No Yes/No |
|----------------------------|---|---|
| Fielding bunts | Quick out to bunt/short game hits Sets feet up to angle of throw Side scoop or free hand method Accurate throw | Yes /No Yes /No Yes /No Yes/No |
| Fielding pop ups | Quick up to move, turning body away from batter Two hand catch above eyes | Yes /No Yes /No |
| Positioning and backing up | Runs to back up first base Runs to third for cover in bunt situation if necessary | Yes /No Yes /No |
| 1 & 3 Plays | Understands priorities for 1 & 3 plays Has a quick and accurate line-drive throw through the pitcher, 2nd baseman, and short stop sells their throw | Yes/No Yes/No |

| | Able to identify when the 3rd base runner is taking too large of a lead | Yes/No |
|--|--|---------------------------|
| | Able to adjust play based on 3rd base runner | Yes/No |
| | Deceiving pump fake throw | Yes/No |
| Pickoffs & Big leads | Understands why pickoffs are thrown and when they should be used | Yes/No |
| | Quick & accurate throw to the knee | Yes/No |
| | Understands how to identify a delayed steal off a pickoff | Yes/No |
| | Manoeuvres out of the way of batters to throw | Yes/No |
| Catching attributes: leadership, communication, mental | Displays leadership qualities | Yes /No |
| toughness | Loud and constructive communication with pitcher, umpire, team, and coaches | Great/Need improvement |
| | Aware of the next play and other base runners | Yes /No |
| | Understands game situations | Yes /No |
| | Understands pitchers' strengths and weaknesses | Yes /No |
| | Understands batter's strengths/weaknesses and is able to call pitches based on their knowledge | Yes /No |
| | | |

Additional Comments: