



National Player & Coach Development Pathway

DEVELOPING SOX

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

<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 dirt balls</p>	<ul style="list-style-type: none"> • Willing to put body in front of ball? • Dome shape block (chin tucked, 	<p>Yes/No</p> <p>Yes/No</p>

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
- 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)

Yes/No

Yes/No

Yes/No

Yes/No

Yes/No

Great/Need improvement

Great/Need improvement

Great/Need improvement



Knee Throws



- Displays accurate throw (1 hop is ok)
- Backspin
- Quick transfer & pop time
- Explodes knee out and transfers weight through throw

Great/Need improvement

Yes/No

Great/Need Improvement

Great/Need improvement

Tagging

- 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

Yes/No

Yes/No

Yes/No


Yes/No

Yes/No

Yes/No



<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>
<p>Positioning and backing up</p>	<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>
<p>1 & 3 Plays</p>	<ul style="list-style-type: none"> • 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 	<p>Yes/No</p> <p>Yes/No</p>

	<ul style="list-style-type: none"> • Able to identify when the 3rd base runner is taking too large of a lead • Able to adjust play based on 3rd base runner • Deceiving pump fake throw 	<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 used • 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>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 • 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>

Additional Comments: