

Catching - "Close"

COACHING POINTS

KNEES FLEXED

(approximately shoulder width apart, weight evenly distributed)

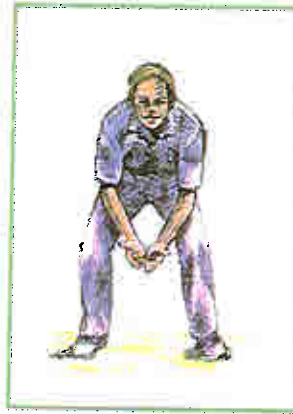
HANDS TOGETHER

(fingers pointing down)

WATCH THE BALL

"GIVE"

Description: this skill is used when a fielder is positioned close to the batter and requires quick reactions



Catching - "In the Deep"

Description: this skill is used when fielding some distance away from the batter and requires good judgement

COACHING POINTS

MOVE QUICKLY BALANCED & LOW

HEAD STEADY WATCH THE BALL

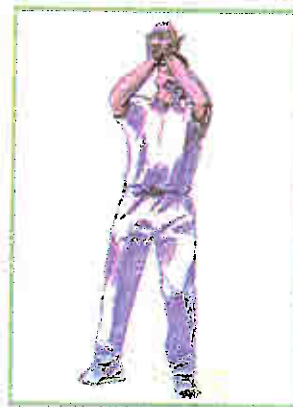
HANDS RELAXED & READY
(Prepared at or just above eye level - orthodox. Prepared above eye level - reverse)

CATCH AT OR JUST BELOW EYE LEVEL
- ORTHODOX.

CATCH ABOVE EYE LEVEL
- REVERSE

"GIVE"

ORTHODOX



REVERSE

