

Catching Questions Answered by Andy Ferguson

The following represents some of the various questions our readers asked after viewing Andy Ferguson's article on Catching.

1) What are some drills I can do to improve my blocking? Receiving?

Blocking - Agility drills, flexibility. Work on being able to move quickly from a catching stance.
Receiving - Take off your glove and have someone toss you balls from up close. Bare hand catching of flipped balls will help you to soften up your hands. Also, make sure that when you catch bullpens you take them seriously.

2) What is the main mistake that you see catchers make when blocking?

The main mistake that I have seen is a catcher trying to play the ball with the glove. The ball should be played off the chest protector. Do not try to catch the ball, block it.



3) How can I gain a better understanding of the game?

The best way to gain a better understanding of the game is to watch baseball on television, in person, etc. Ask questions and take an interest in it. If you are always looking to learn something new, there is certainly always something to be learned.

4) How can I increase my consistency on throws to second base?

Work on keeping your legs underneath you more, you must have a solid base in order to make strong/accurate throws. Slow down and do not try to rush, concentrate on throwing the ball through the bag, not to it.

5) What position should I be in behind the plate with runners on base?

Your weight should favor the balls of your feet. Your rear end should be up higher almost even with your knees and your shoulders should be more out over your feet - ready to move forward, down to the sides.

6) What are some good drills to work on in order to speed up my pop-to-pop time?

Instead of trying to get quicker, try to get more efficient - make your movements shorter, especially with the upper body. Keep your hands above your elbows to shorten arm action and do not cover more than a foot or so of ground to 2B with your right foot.

7) Are there specific questions to ask college coaches in order to find out how well their programs develop catchers?

You can ask if they have a specific coach to work with the catchers that specializes in the position. Look at the track record of the recent players to go through the program, did they get drafted or have great seasons? If so, it may be a good place to develop...also, a good pitching coach will have a big influence on the catchers.

For more information on catching or other related topics, please send emails to newsletter@baseballfactory.com or to speak with a Baseball Factory Representative call 800.641.4487.