

**Ridgefield Little League Coaches Corner**  
**Catching the Baseball**

***The ability to catch and throw a baseball is basic to the game and yet deceptively difficult. Watching accomplished baseball players throw and catch makes it look easy. Players who are never properly taught these skills have an unproductive baseball experience and eventually leave the game.***

***As coaches and parents, we play an important role in the continuance of this great game by teaching our young players how to **THROW** and **CATCH**.***

***Begin with “reduced injury factor” baseballs such as tennis balls and **TEACH** your players these fundamentals:***

- ***Feet Shoulder width apart, toes facing target, knees slightly bent***
- ***The glove should fit and not be too large or too heavy. Make sure that it is open to receive the ball.***
  - ***Use these two rules of thumb.***

***Ball above the waist the fingers of the glove should be UP. Catch the ball in the web. A saying that I use with players is this: “Ball high, **FINGERS** to the **SKY**”***

- ***If the ball is below the waist, the fingers are DOWN.***
  - ***“Ball Down, Fingers to the Ground”***
- ***Coaches - watch closely to if the player receiving the baseball is “LOOKING the BALL into the GLOVE. It is important that they track with their eyes...an important skill once they begin to hit.***
- ***While catching with two hands is important, there are plenty of plays that require the use of only one hand. Pay more attention to players that move their feet to the baseball and that the glove is **OPEN** ready to receive.***
- ***I use the concept of the doorframe in that when the ball is inside our doorframe, we catch with two...Anything outside that we cannot move our feet to get in front we catch with one.***

