

What It Takes to Be A Catcher!



#1 Communication – The catcher sees the whole field. This means you see where the defense is and where the runners are, and you must know where the ball is supposed to go every pitch and every play. To catch you have to be vocal and very loud!

#2 Be Selfless – Catchers touch the ball almost every pitch. Although you may not be noticed for doing your job correctly, it is okay, because without you there would be no game.

#3 Determination – A big part of catching is not letting the ball get by you. You have catchers gear on, use it. Do whatever it takes to not let that ball get by you.

#4 Physical and Mental Toughness – Catchers are going to get hit by the ball, it is part of the job. You will be squatting most of the time, but you will get used to it. Working with a catching coach will help improve your skills and strength. Catchers must also keep a positive attitude because you are one of the leaders and an important motivator for the pitchers. Remember to stay strong.

#5 Be Good to Yourself – You will be sore and tired! Stay hydrated, eat right, ice your body and take care of yourself. Your team needs you!

Sara Shinn, Catching Instructor and 12U Coach