

CATCHING: Steps for making a good throw

Cindy Bristow



1. Receive the ball in a solid catching position with the weight on the front part of your feet (NOT on your heels) and your chest OVER your thighs as shown here.



2. After catching the ball QUICKLY transfer the ball into your throwing hand and:

- keep the ball up in your shoulder area
- turn your throwing hand to face backwards (to give more snap on the throw) – I call this the “High 5” position
- quick step your feet into throwing position (this must occur in one motion and NOT in 2-3 steps). Your feet MUST be in position to throw when your hand gets into the “high 5” position.



CATCHING: Steps for making a good throw



3. Release the ball above your head and in front of your front foot. At this point the weight should be completely on your front foot.



4. Follow through out and down after releasing the throw and make sure your glove hand is into your side to avoid a spinning type of throw that will go sideways.

NOTE: Because of the need for a quick release and a fast throw, the catcher DOES NOT have time to take make a full circle in her throwing motion. Instead, she must keep the ball up near her shoulders and quickly bring the ball back, facing backwards, to a position near her back ear.

CORRECT



INCORRECT



Weight should be on the front part of the feet and NOT back on the heels. Chest should be over the thighs as shown in top photo

To catch a high pitch catcher should go up with the glove and NOT with the entire body as the bottom photo shows – this blocks the ump's view and keeps weight too far back on the heels for any throw

At this point catcher should be preparing to take the ball directly to her back ear/shoulder area and quick jumping her feet into her stride position

Ball is in shoulder area of top photo and is TOO LOW in bottom photo. Both catchers should turn the ball facing back to get more POP on their throw.

CORRECT



INCORRECT



In top photo ball is in good position by back shoulder but could be turned facing back more. In bottom photo the catcher appears to be twisting which will hurt speed and accuracy.

Ball is too low in bottom photo – it should stay higher at or above the ear as in top photo

Release is late in bottom photo and body is too far ahead of the ball

Front knee should be bent slightly in bottom photo to allow more weight to transfer to front foot and provide more power on follow through