

## Softball Catching Basics

### 1. The Catching Stance

- a. Feet square to the pitcher
- b. Low squat position with heels slightly off the ground
- c. Flexion in the ankles, knees and hips
- d. Weight should be loaded on the balls of your feet for quick reactions
- e. Glove arm elbow should be slightly bent, not locked
- f. Glove in a relaxed position
- g. [Stance Tips](#)

### 2. Receiving Pitches

- a. Soft Hands
  - i. Relax your hands to absorb the impact of the ball.
  - ii. Avoid stiff or rigid fingers to reduce the chance of fumbling.
- b. Secure the Ball
  - i. As soon as the ball touches your hands, bring it closer to your body to secure it.
    1. Cue “Pull it in!”
  - ii. Drill: Use small balls to practice tracking and catching. Increase difficulty as you improve.
    1. Cue: “Watch it all the way in!”
- c. Blocking
  - i. For balls thrown in the dirt, your glove and knees should immediately drop to the ground
  - ii. Chin tucked, with your trunk angled over the ball
  - iii. Cue: “Sink your hips – palms up!”
- d. Overhead Catch
  - i. Remove your mask and scan the sky
  - ii. Catch ball with two hands
  - iii. Cue: “Mask off, eyes up!”
- e. [Receiving Tips](#)

Other Video Resources:

[Three-Ball Blocking Drill | Softball Catcher Drills](#)

[Softball Catcher Skills: Blocking](#)

[Blocking Tips for Catchers in Softball/Baseball](#)

[How to Receive and Frame Pitches](#)