

JOE WILKINS

Catching



Fielding Bunts

Fielding Bunts: Techniques

Get around the ball



- *Get around the ball and direct yourself to first base
- *Don't run straight to the ball, then redirect the feet
- *Create momentum to the base you are throwing to
- *Direct traffic - Be a leader - Be confident in your decisions
- *Communicate - Be vocal - Be loud

Scoop the ball



- *Use two hands
- *Bend at knees, not just the waist
- * "Grab grass" - make sure you get the ball
- *Use small glove to re-enforce using two hands

Stay Low and Shuffle



- *Just as in throwing to bases, stay low - not straight up
- *Shuffle the feet to gain control and balance
- *Stomach the ball to gain control - then transfer

Create a throwing lane



- *Make sure you shuffle your feet away from the base line
- *Communicate to your 1st baseman that he reacts to you
- *Keep your throw inside the baseline - no crossover

Ball on the 3rd base line



- *When play is at first - circle around this ball from the right
- *Ball must be within 8 feet of the line for this approach
- *Circle around the ball - redirect and create momentum to 1st

Fielding Bunts: Drills



- *Work on scooping ball
- *Grab Grass/Dirt

Coach Behind Catcher



- *Coach rolls baseballs out in front
- *Catcher Fields ball and throws to 1st, 2nd or 3rd
- *No need to say "inside" or "outside" when throwing to 1st
- *1st baseman will adjust to the catcher
- *Use a stopwatch to increase speed and effectiveness
- *Add pitchers throwing to hitters (bunters) for live drill