

JOE WILKINS

Catching



Catcher Pop-Ups

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- *Mask comes off when ball goes up
- *Some catchers like to keep the hockey-style mask on
- *Find the ball right away



- *Get your back turned towards the infield
- *Stay low at all times
- *Keep your mask in hand until you find the ball



- *Once you have found the ball, get rid of mask
- *Toss mask away from where you think the ball will be
- *Stay low and relax
- *Know that the ball will drift back towards the infield
- *Stay behind the ball - infield side



- *If the ball is out in front of the plate, go forward, then turn
- *Get out there quick
- *Seeing the ball early helps you get out there



- *After you get out there, try to get turned around
- *Back facing pitchers mound
- *Front facing Plate
- *Stay relaxed and make the play!
- *Be vocal!!! Take charge!!!

Catcher Pop-Up Drills:

Pitching Machine Pop-Ups
Fungo Pop-Ups