

JOE WILKINS

Catching



Throwing Behind Runners

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Throwing to 1st - Set Up



- *Transfer ball and drive left knee across toward 1st base
- *Weight is on right foot to push off and transfer weight to the base
- *Be quick but don't rush it too much
- *Only throw behind runners if the pitch is ok
- *Don't throw behind runners on mis-located pitches - this will cause errors

Throwing to 1st - Delivery and Finish



- *Once you have driven the left knee across, push off the right foot
- *Get your weight out in front and transfer forward
- *Finish your transfer wherever your momentum takes you
- *Keep the throw between the first basemen's knees and chest
- *This throw will be behind the left handed hitter - not in front

Throwing to 3rd - Set Up



- *Set up on the outside corner if it's a righty hitter
- *Call for a fast ball off the plate
- *Your pitcher should know what is going on
- *This play is for situations with less than 2 outs
- *Drop the left knee like you are throwing back to the pitcher

Throwing to 3rd - Delivery and Finish



- *Drive your throw through the right-handed hitter's front hip toward the inside of third base
- *You can do this with the left handed hitter with most pitches - no need to set up outside
- *Keep the throw between the third baseman's knees and chest
- *You have to get good balance and push off your back foot to make this throw
- *Also, you have to have a non-verbal sign between the catcher and the 3B