



CANUCK CATCHING

Win. Each. Pitch.

Foothills Minor Baseball Association, in partnership with Canuck Catching, will demonstrate how playing this demanding position can be fun and the approach a catcher must develop while preparing for and playing baseball. Canuck Catching's motto will remind participants to put their best effort into each moment and **Win. Each. Pitch.**

What we will cover in the clinics:

- **STANCES** – The basic stances catchers use throughout a game. We will teach catchers how the proper ready position is the base for performing the other fundamental skills involved with the position.
- **RECEIVING** – Soft hands, sticking the pitch, keeping strikes as called strikes, and borderline pitches called strikes. Being a good receiving catcher will help the team more than anything else the catcher does.
- **BLOCKING** – Technique to help catchers be the backstop of the team. A good blocking catcher can save runs for their team and improve pitchers' confidence. Although it is the least-liked job of a catcher, it is one of the most important. We will help catchers get comfortable with the baseball hitting them and take pride in their blocking ability.
- **THROWING** – A catcher's throwing ability is what coaches, opponents, and scouts notice first. We will cover what catchers need to know to become the best throwing catcher they can be, including quick hands, quick feet, and throwing mechanics.
- **TACTICAL PLAYS**- As the last line of defence, catchers need to 'own home' and execute on many types of situations, from recovering wild pitches to bunt defence or plays at the plate. Scenarios and practice of proper technique and execution will allow catchers to work on their individual skills to support their team.
- **Also**, expect catchers to learn about the following:
 - The importance of a good work ethic
 - The importance of training their brain and eyes as much as they prepare their body
 - The importance of controlling their emotions
 - Building a good relationship with teammates and umpires

Each participant receives:

- Coach to player ratio of 1:4
- Handout with information covered at the clinic
- Catching specific warm-ups to minimize injury and maximize success
- 6 hours of extensive drill work that will focus on stances, receiving, blocking and throwing

Athletes will be expected to come to clinics with the following:

- Appropriately sized catchers gear, including facemask (goalie style or helmet and mask), chest protector, shin guards and glove (catcher's mitt preferred, but not necessary)
 - Coaches will be available to adjust gear as needed before and during the camp
- Athletic cup
- 2- Filled water bottles- minimum 1L of water