



419 Osborne Ave, Riverhead NY 11901  
631-591-9091

## Catching Clinic

### **Catching Clinic Information**

(12) Hour and a Half Sessions

Sunday's Jan 7th thru March 25th from 9:30am – 11am

Ages: 8-16

Cost: \$35 per session (pay as you go)

\*\*\*Please bring your equipment. We Do Not supply the catchers gear\*\*\*



**Catchers, are you throwing runners out? Do you have too many passed balls or balls popping out of your glove? Come see how to get your body quick to the release point, how to strengthen your arm & learn proper framing and blocking skills. This is the perfect time of year to refine your catching skills before the spring season starts.**

## **Here is what we will offer during our Catching Clinic:**

- **The Three Stances:** Catchers must be fully in command with each of the three stances (Signal-Giving, Receiving and Blocking/Throwing).
- **Footwork:** Footwork is crucial for catchers. The angles you create with your feet will dictate where your throws go.
- **Throwing:** We work with catchers on the proper throwing techniques and how to take seconds off their throw time. Players will work on form-throwing to learn the proper throw to each base in every situation.
- **Drills:** You will learn several drills designed to reinforce the stances, framing and reaction.
  
- **Stretching and Flexibility:** Proper stretching and flexibility are especially important for catchers. You will learn catcher-specific stretching exercises and routines that will increase your comfort and agility while reducing your chances of injury. You will also learn our new custom program SSAC™, which was designed exclusively for The Cage. S.S.A.C™ stands for Strength, Speed, Agility and Conditioning. We have designed this program exclusively for Catchers. This program will give you the ultimate workout so you can obtain top performance condition behind the plate.
- **Mental Toughness:** Being a catcher is physically the toughest position on the field and requires mental toughness as well. Our instructors will help you develop the necessary mind-set to be a successful catcher.
- **Defense Positioning:** You will learn bunt defense, pop up at the plate and how to cover the plate for a play at home without getting injured and still getting the out at home.