

**Section:** Throwing, Receiving, Fielding

## **Receiving - Skill Outline**

### **Receiving**

Receiving a ball starts with a properly fitted glove. A smaller hand needs a smaller glove. Always be sure that the glove is large enough to hold the ball.

### **Hand Placement In The Glove**

A common mistake made by the young player is placing 2 or more fingers in the last finger hole of the glove. Although this may serve to cushion the catch, the depth of the pocket will make a quick transfer of the ball to the throwing hand difficult if not impossible. Use the following technique when placing the glove on the hand.

- Place a finger in every hole (the index finger may stay outside).

### **Receiving Position**

As with throwing, balance is a key factor in receiving the ball securely.

1. Try to receive the ball near the center of the body in a balanced position. **(fig. 9)**
2. Bend your knees slightly to keep your weight balanced on the balls of your feet. **(fig. 9)**
3. Keep your eyes on the ball until it reaches the glove. **(fig. 10)**



### **Receiving The Ball**

Young players may need to be reminded to catch the ball in the pocket of the glove and not in the webbing. This will allow the player to feel the ball better which will in turn result in a quicker transfer to the throwing hand. Show your players how to “give” with the ball as it enters the glove to take the sting out of catching.

1. Extend your hands out toward the ball with elbows slightly bent. **(fig. 10)**
  2. Receive the ball in the pocket of the glove.
  3. “Give” with your hands as the ball enters the glove (absorb the ball).
  4. Catch the ball using both hands.
  5. Transfer the ball into your throwing hand with the proper grip. **(fig. 11)**
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- A. If the ball is above the waist, catch with your fingers pointing up. **(fig. 12)**
  - B. If the ball is below the waist, catch with your fingers pointing down. **(fig. 13)**



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