

Jack Ferrick

Founder Catchers U

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USA Baseball Coaches Clinic

Stance/Receiving

- 1. Balance/Posture**
- 2. Hand positioning**
- 3. Hot Topic: One knee Catching**

Blocking

- 1. Secondary Stance**
- 2. React vs. Anticipate**
- 3. Progression Training**
- 4. How to get over the fear/ learn when to block**

Throwing to 2nd

- 1. Footwork**
- 2. Transfer**
- 3. Progression Training**
- 4. Arm Action**

Leadership/ Communication

- 1. How to give your Catcher a Voice**
- 2. Being ok as a coach when your catcher fails**

For More Information and Training Opportunities Please go to
CATCHERSU.COM