



The Catcher's Handbook

Conor Kelley

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The position of catcher in baseball requires a broad set of physical and mental skills. This handbook, by a former catcher, offers precise advice on everything one needs to succeed behind the plate at the high school, collegiate and professional levels. Drawing on real-life scenarios, it addresses nearly every situation a catcher could ever encounter.

In addition to the mechanics of catching, blocking, picking, throwing, and catching pop-ups, topics include choosing the right gear; developing a relationship with the umpire; how to call a great game; when to call a pick-off; how to get runners out or keep them from advancing; making the tag at the plate; how to carry yourself like a team leader; injury prevention and other issues.

With tips and drills designed to improve specific skills, this guide is indispensable for any catcher looking to up his game.

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