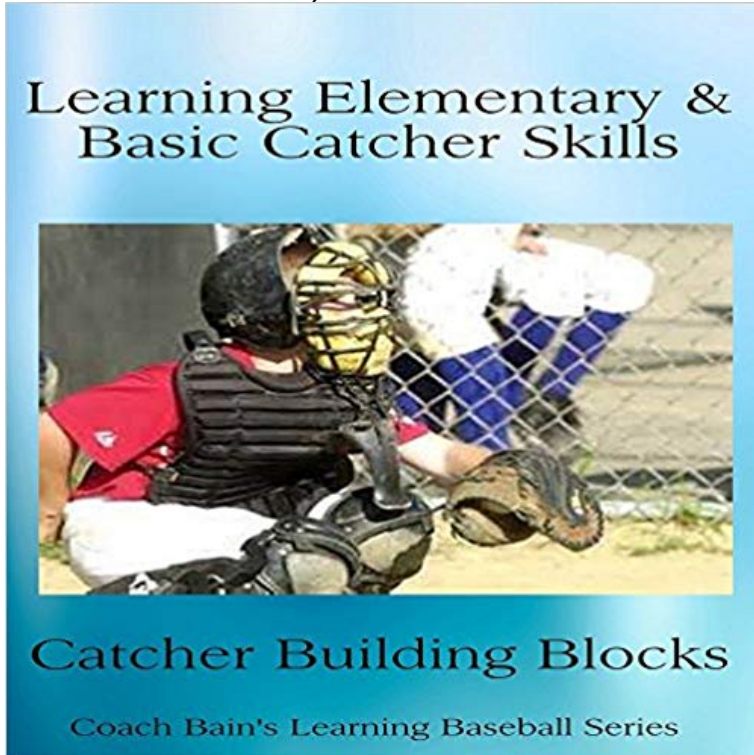


Learning Elementary & Basic Catcher Skills (Coach Bains Learning Baseball Series)



This teaching manual is intended to begin building a solid foundation of basic skills required to play the baseball catcher position. If you have never played the catcher position it is nearly impossible to know the hesitation, it was fear for me, of having an untrusted player swinging a bat over your head or a pitcher throwing the ball everywhere but where the target is. This book will teach basic stances, how to frame a pitch, a catchers glossary, some elementary drills and advice on which to build a catching career. Although the information may seem simplistic in nature, believe me they are not, the building blocks taught are the very first skills every beginning catcher should be taught, and most professional baseball training academies adhere to. Welcome to the world of the Baseball Catcher.

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