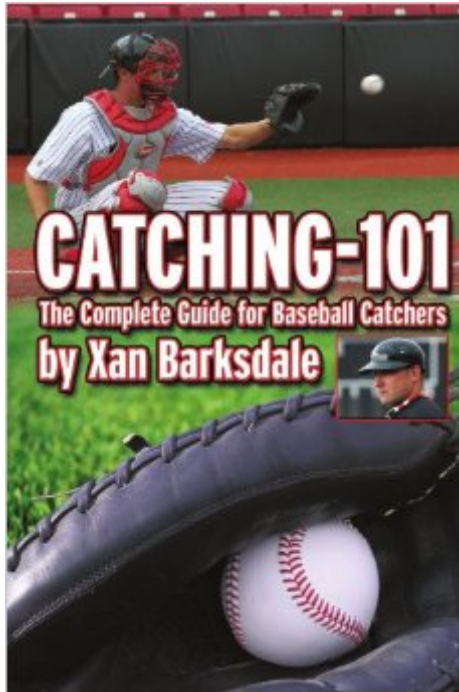


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# Catching-101: The Complete Guide For Baseball Catchers



## Synopsis

CATCHING-101: The Complete Guide for Baseball Catchers is the most comprehensive book ever written for baseball catchers. It contains tips, drills, and proper mechanics that will help every catcher or coach better understand the most difficult position on the field. This book contains information on EVERY aspect of catching that Coach Barksdale has learned through his years of experience from coaching nationally ranked NCAA teams, and playing at almost every level from Little League to professional baseball. A few of the topics covered in CATCHING-101 are: ; Receiving ; Blocking ; Catching Pop Flies ; Throwing ; Fielding Bunts ; Plays at Home Plate ; Drills ; Pitchouts ; Pass Balls/Wild Pitches ; Giving Signals ; And More! If you have been searching for a source with lots of high quality information about catching, this is the book for you! CATCHING-101 was written by Coach Xan Barksdale who is currently an NCAA Division I baseball coach and an ex-professional baseball player. Coach Barksdale played in the Atlanta Braves organization and has been a featured speaker at the prestigious ABCA (American Baseball Coaches Association) national convention.

## Book Information

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## Customer Reviews

We bought this book for our son (and us)because he loves catching. While he has used many of the techniques in this book before, he never knew why. Coach Barksdale does a great job of explaining why certain techniques are used in certain situations. While there isn't a lot of good material out there about the catching position, this book is great! It's easy to read and understand. My husband often quotes it during practice. If you have a child interested in catching, this book provides an in-depth explanation of what is expected of a catcher and how to master the required skills. The

information in this book is in-line with with what college coaches and other serious catching instructors teach of their catchers. Trust me, I have done a lot of research on the catching position over the years and this book seems to combine all of the "good" information into one book. This book will help your child become a "catcher", not just someone who catches.

Bought this for my 12 year old son. He read it in just a couple of days and has even re-read it again. He comes to me often with things he read that he thinks will make improvements in his catching techniques. He plays for 4 teams and catches for all 4 and I have watched him use some of the information he learned in this book and it has really helped him fine tune the little things! To give a couple of examples the book teaches the proper technique and which way to turn based on a right or left batter if the batter hits a straight up pop up. I have watched my son put into action what he learned in the book and can honestly say he is able to catch a lot more of them and get the out because he is no longer looking trying to find the ball he knows which side to turn to. Another is I was telling him the other day he should have thrown the runner out at first on a third strike drop ball but he said no mom I learned in the book you do this and this etc... and he kept a runner from scoring because he did what he had read. I am really glad I bought the book and would highly recommend it! I have even read it myself now so I can know what advice to offer him.

If you can't have Xan Barksdale in your house, you might as well purchase this book! Short & simple coaching in each section. From equipment recommendations to basic catching set up to advanced defensive drills and situations, Xan covers every aspect for catchers. He even discusses how to communicate with umpires and the importance of being vocal on the field. This is a Must Have & easy to read book for anyone desiring to learn about or become the best catcher he or she can!"Respect the game, work as hard as you can and good things will happen!"

Good book on catching fundamentals. I have never been a catcher in my years of playing ball as a kid, but I needed to learn catching basics to teach my Little League team. This book was perfect to get you started and has some great insight to some things that are not intuitive about catching.

Great for teaching basic catching skills and drills. Great perspective from a very good ball player. If you make it to the SEC, you have to be a pretty good ball player. He teaches the game of baseball.

Wow! this book is packed with key information. I couldn't put it down and read it from cover to cover

in one reading. If you are serious about being a catcher, then you have been waiting for this book, you just didn't know it.

My competitive nature doesn't want to share this book because I want to keep it a secret from others. But I'm so excited to have found Coach Xan's training material, that I want to give him credit for putting it all together for us! After looking everywhere for complete training material for my son, I found Catching-101. (I purchased the DVD rather than the book.) My son is a freshman in high school and has caught ever since he was a very young player. His next goal is to play at the college level. He's taking private catching and hitting lessons from another former major league player, but every once in a while he finds himself in a slump behind the plate that he needs to work out. We thought it would be really helpful if he had something at home to refer to when he wasn't with his trainer. I really couldn't find much material anywhere that was inclusive of everything he needed to know as a catcher, so I always ended up disappointed with my searches and never purchased anything. When we found this, we jumped on it. The discussions and drills that are presented in the DVD seem to be in line with the same skills my son practices with his weekly trainer. But with the DVD, my son can now watch demonstrations and hear the discussions right from home, from an expert, anytime he wants, refresh his skills to stay competitive, and take what he learns back out on the field with him to another game or practice. My husband and I enjoy watching it with my son and learning more about the demands and strategies of his position. Thank you Coach!

Catching-101 is an outstanding book for both youth and advanced catchers wanting to improve their game. Xan breaks down the catcher's position and techniques in a easy to understand way to follow and apply. I would highly recommend this book to any catcher, coach or parent to help improve their knowledge of one of the most important positions in baseball and softball.

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