

DETROIT
ROOTS



PITCHER/CATCHER RELATIONSHIP

The relationship between the pitcher and catcher is arguably the most important relationship in baseball. The communication between the two should work like clockwork. Building that relationship can be hard but we will go over some simple ways to make it easier to establish a winning relationship:



Create a Pre-Game Routine

A pre-game routine is essential to ensure you are fully prepared mentally and physically for every game. A typical routine may consist of stretches, mental exercises, and drills. Create your routine to cater towards your individual needs and make sure you give yourself enough time to complete the routine without having to rush through it, like 45 min to an hour before the game starts. This is essential for pitchers and catchers since they will have to be ready to go as soon as the game starts. Each pre-game routine should include for pitchers:

- Stretching/Mental exercises
- Throwing mechanic drills
- Short, medium, and long throws
- Work on all pitches being used in the game
- Work on locating pitches all around the strike zone
- Going over signs/strategy
- Rest period before game starts

The routine should be the same for catchers with the addition of footwork, ball transfer drills, and blocking drills.

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Strategize Before Every Game

This step is extremely important and needs to be included in every pre-game routine. Each team has their own strengths and weaknesses which will require a unique strategy of attack. For example, if you know you are facing a team notorious for their hitting abilities, create a pitching strategy with more off-speed pitches and throwing more on the corners of the strike zone. If you're playing a team that's known to steal a lot, include more pick-offs in the strategy to make it harder for baserunners to steal. For this to be effective, the pitcher and catcher must be on the same page with the coach so make sure to go over strategy with the pitching coach before every game.

Know Your Signs

Signs are the way to communicate non-verbally during the game with your coach and teammates. This is also how pitchers will know what to throw and for catchers to know what pitch to expect without having to talk before every pitch. Make sure the signs are all non-verbal to make it as hard as possible for the opposing team to figure out. It's important for all players to have the signs memorized before the game to make communicating during the game seamless. We will go more into detail on ways to make memorizing your team's signs easier and the universal signs in baseball as well!