

CATCHER'S TRAINING

*Ron Kaplan - Professional Instructor
Baseball & Softball*



- **Players 9 – 17 yrs old / 1-2 yrs. experience**
- **Baseball and Softball**
- **Location: Extra Innings, 782 Haunted lane, Bensalem, PA.**
- **Private Lessons, Semi-Private Lessons and Group Lessons**

- **Camps are limited to 4 players only – focus on Catching, Quickness and Strength**
- ***Camps are 4 weeks, 1 night per week – 90 minute session, or***
- ***4 weeks, 2 nights per week – 90 minute sessions, or***
- ***8 weeks, 2 nights per week – 90 minute sessions***

Sign up today - Call or Email to schedule or for more info

Ron Kaplan - rksk5760@comcast.net or 215-518-5728



*Ron Kaplan - Former Pennsbury & New Hope-Solebury H.S. Varsity Baseball Coach 1998-2015
Head Coach of Mercer/Bucks Angels Collegiate Summer World Series 2005 & 2006*

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Camp Focus & Objectives

1. Dynamic stretching
2. 'Plyometric' & Medicine Ball training program to develop strength, quickness and prevent injuries
3. Stances
 - a. Signs
 - b. Receiving
 - c. Receiving with running situation
4. Receiving & Presentation
5. Blocking
 - a. Fastball vs. Curveball – two distinct methods
6. Transfers – proper mechanics for the fastest hands possible
7. Throwing – arm action and pop times
 - a. Various footwork movements, for different pitch location
 - b. Arm strength training exercises
8. Force plays, tag plays, bunts, special situations
9. Communicating with your pitcher, umpires and team
10. Calling games- How, What, When, Why. Many other factors: Umpires zone, pitcher's strength, hitter's weakness, game situation, and a few more.

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