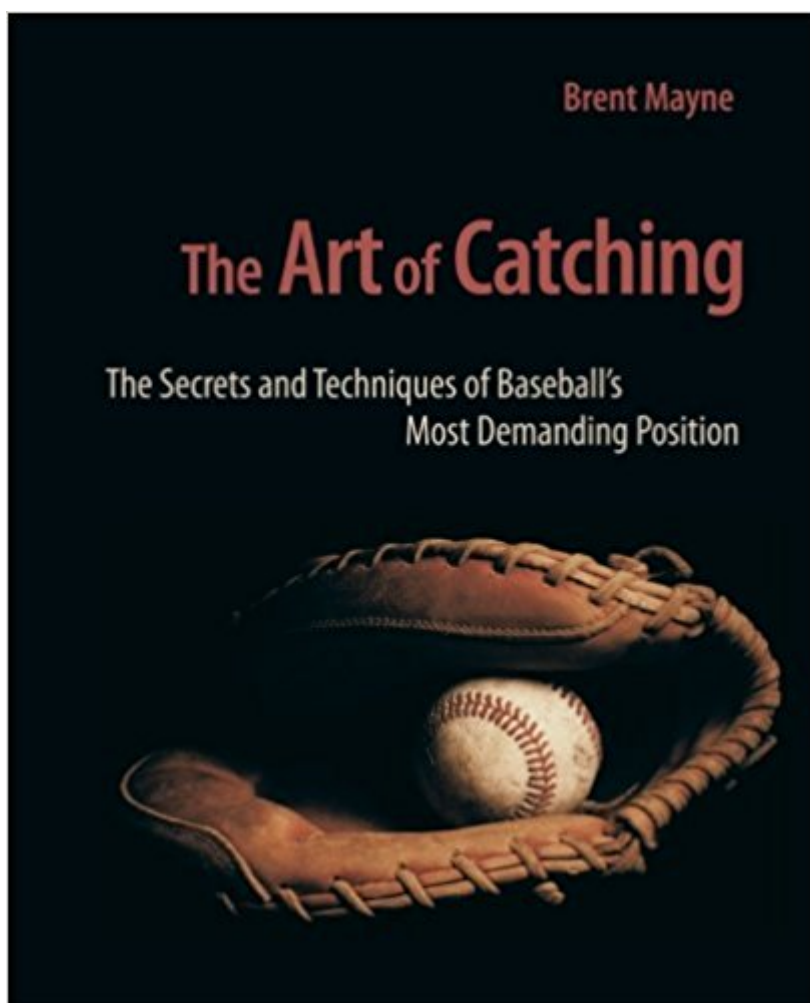


The book was found

The Art Of Catching: The Secrets And Techniques Of Baseball's Most Demanding Position



Synopsis

An aspiring baseball catcher could do himself no greater favor than acquiring this manual. Whereas the techniques of hitting, pitching, and other baseball positions are well covered by valuable instruction books, the techniques of catching arguably the most difficult and most crucial position of all have not been covered well at all. Brent Mayne's *The Art of Catching: The Secrets and Techniques of Baseball's Most Demanding Position* changes all that in a single stroke. The book's lucid, concise but comprehensive, and highly readable approach puts at your fingertips the wisdom and skills of a successful pro. Brent Mayne played major league ball for sixteen seasons (1989-2004), most of them with the Kansas City Royals. He earned a reputation for his handling of pitchers, effective plate blocking, and strong arm. Enjoying success both behind the plate and at it, he batted .301 in two consecutive seasons (1999-2000). Mayne caught a no-hitter pitched by Bret Saberhagen in 1991, and he also has the distinction of being the only catcher in the twentieth century to have won a game as a pitcher. A hard-working, consummate pro, Mayne knows his position like the back of his hand and has a gift for communicating his knowledge and experience enthusiastically. *The Art of Catching* begins by sketching a quick, informative evolution of the position and its all-important glove, along with offering some illuminating personal history. After these preliminaries, Mayne turns his attention to the heart of the matter: the fundamentals of catching. Stressing the absolute importance of posture, he covers a variety of stances and body positions. Important techniques such as glove mechanics, blocking, throwing to bases, back picking, and pitchouts are also covered in detail. Mayne offers concise summaries of proper methods, such as: Pitchout footwork with a right-handed batter is: jab with right foot (before pitcher releases the ball), step left, catch the ball, then right step, left step, throw. By practicing such mechanics until they become second nature, catchers will master their craft. Subsequent chapters of *The Art of Catching* cover crucial topics such as calling games, working with pitchers, handling pop flies, making plays at the plate (without injuring one's self!), and drills. For Mayne, it is practice and experience, above all, that distinguish professional-caliber players from wannabes. As he points out: One trait common to all the players at the top is that they've played a ton of baseball, more baseball in fact than about 99.9 percent of the population. For catchers, Mayne sees the bullpen as the best place for productive drills. Instead of viewing time there as tedious, catchers should use it productively to hone their skills and to assess the strengths and weaknesses of their pitching staff. Mayne's overview of drills does, however, come with some wise cautionary words that, again, place the emphasis on correct mechanics: Practice does not make perfect; practice makes permanent. In other words, if you have poor technique when you practice, that is what you will take out to the

game. Readers of this book will learn the right techniques. Each chapter of *The Art of Catching* concludes with a section of key points for handy reference. In addition, the book features numerous invaluable illustrations and photos, which clearly reinforce the teachings of the text, thought-provoking quotations, and a handy index. For coaches and those who want to distinguish themselves as baseball catchers, *The Art of Catching: The Secrets and Techniques of Baseball's Most Demanding Position* is an essential, self-recommending title.

Book Information

Paperback: 98 pages

Publisher: Cleanline Books; 1st edition (September 1, 2008)

Language: English

ISBN-10: 0981538657

ISBN-13: 978-0981538655

Product Dimensions: 7.5 x 0.2 x 9.2 inches

Shipping Weight: 9.1 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 21 customer reviews

Best Sellers Rank: #608,959 in Books (See Top 100 in Books) #105 in *Books > Sports &*

Outdoors > Coaching > Baseball #1036 in *Books > Sports & Outdoors > Baseball*

Customer Reviews

Brent Mayne was a major-league catcher from 1989 to 2004. He played most of his career for the Kansas City Royals but also spent time with the New York Mets, Oakland A's, San Francisco Giants, Colorado Rockies, Arizona Diamondbacks, and Los Angeles Dodgers. He caught 1,143 pro games and has the distinction of being the only catcher in the twentieth century to have won a game as a pitcher. An All-American in college, he was drafted in the first round and inducted into the Orange Coast College Hall of Fame in 2006 and the Cal State Fullerton Hall of Fame in 2010. In his retirement, Brent has gone on to serve on the board of directors for both the Braille Institute and the Center for Hope and Healing. He enjoys surfing, fly fishing, golf, yoga, and traveling. Brent lives in California with his wife Hillary; they have three children.

I bought this book as a gift for my 10 yr. old Little Leaguer. He had recently begun catching and was struggling. He was skeptical, to say the least, that a book would help him improve. He read it for a book report and slowly started implementing things that he had learned. He is now a believer! His catching skills grew exponentially and his confidence soared. This book not only covers skills and

tactics but also the history and theory behind them. I would definately recommend this to anyone looking to learn more about The Art of Catching. Our copy is torn, tattered and well loved.

I read an interview with the author in Rockies magazine. For some reason the way Brent Mayne explained the details and purpose of the book stuck with me. I am coach a team and have been fortunate to have two athleic kids who want to catch. I picked up the book during the middle of our fall ball season and used several of the techniques. I see the mistakes I was making in the instruction they were given. I purposely used it on one of our kids that has never caught before. The instructions were easy and straight forward and dead on. He was able to grasp the position (as much as can be grasped in a short season) and showed enthusiasm because of the success he had. The success was a direct result of the information given in this book. The instruction is dead on and put in ways that you can teach even youngsters. It is great to have some detailed and not over philosophical information about a position that is too often overlooked. This will be a catching bible I use with out other coaches. This is great stuff.

Great Book and an Easy Read. I am old school and taught my grandson how to catch. After reading this I agree the new ergonomic way of catching is much better. My grandson took a few lessons from a Pro Catcher and he catches in accordance with the principles of this book too.

My 13 year old son has been a catcher all through little league and reached the point were I couldn't teach him all the little secrets about catching. I stumbled across this book and purchased it on , it is an easy entertaining read and me and my son find ourselves going back to review certain sections that he feels he needs to work on in his game. Highly recommend this for any aspiring catcher.

Provides for an easy read and gives valuable information for the younger catches on our team that are just learning the position.

An excellent introduction to catching fundamentals. A well written book, excellent illustrations, and the book offers some history into the art of catching as well as the author's personal experiences from high school through his solid career in the major leagues. He explained and justified his style of catching so well that we are making many changes with our catchers. A good book for coaches and an outstanding book for catchers, especially those just starting out. I wish it offered more drills but it certainly covered the basics.

I got some good tips for coaching my 15U catchers. I wish it had a little more info on calling games, but the stuff about anticipation and athletic posture are key.

Very Happy!

[Download to continue reading...](#)

The Art of Catching: The Secrets and Techniques of Baseball's Most Demanding Position
Baseball Hitting Mastery: Art of the Line Drive Swing (Baseball Book, Baseball Hitting Mechanics, Baseball Hitting Drills, Baseball Swing)
Baseball Defense Mastery: Fundamentals, Concepts & Drills For Defensive Prowess (Baseball Defense, Baseball Book, Baseball Coaching, Baseball Drills, Outfield, Infield)
Wagner Without Fear: Learning to Love--and Even Enjoy--Opera's Most Demanding Genius
The Complete Law School Companion: How to Excel at America's Most Demanding Post-Graduate Curriculum
Catching the Travel Bug in Vanuatu (Catching the Travel Bug in... Book 1) (Coaching Youth Baseball)
INSIDE A COACH'S MIND: THE BASEBALL BIBLE (Coaching Baseball)
Demanding Democracy: Reform and Reaction in Costa Rica and Guatemala, 1870's - 1950's
Demanding Democracy: Reform and Reaction in Costa Rica and Guatemala, 1870s-1950s
Baseball: Who Does What? (Sports: What's Your Position?)
Catching the Moon: The Story of a Young Girl's Baseball Dream
Catching-101: The Complete Guide For Baseball Catchers
Super Secrets of Successful Executive Job Search: Everything you need to know to find and secure the executive position you deserve
Sniper & Counter Sniper Tactics - Official U.S. Army Handbooks: Improve Your Sniper Marksmanship & Field Techniques, Choose Suitable Countersniping Equipment, ... Position, Learn How to Plan a Mission
200 Beading Tips, Techniques & Trade Secrets: An Indispensable Compendium of Technical Know-How and Troubleshooting Tips (200 Tips, Techniques & Trade Secrets)
Pokemon Go: The Ultimate Guide to Catching Pokemon in order to Become a Pokemon Master (secrets, tips, tricks, ios, android)
Shark Drunk: The Art of Catching a Large Shark from a Tiny Rubber Dinghy in a Big Ocean
2017 Little League® Baseball Official Regulations, Playing Rules, and Operating Policies: Tournament Rules and Guidelines for All Divisions of Little League® Baseball
Smart Baseball: The Story Behind the Old Stats that are Ruining the Game, the New Ones that are Running it, and the Right Way to Think About Baseball
Beckett Baseball Almanac #22 (Beckett Almanac of Baseball Cards and Collectibles)

Contact Us

DMCA

Privacy

FAQ & Help