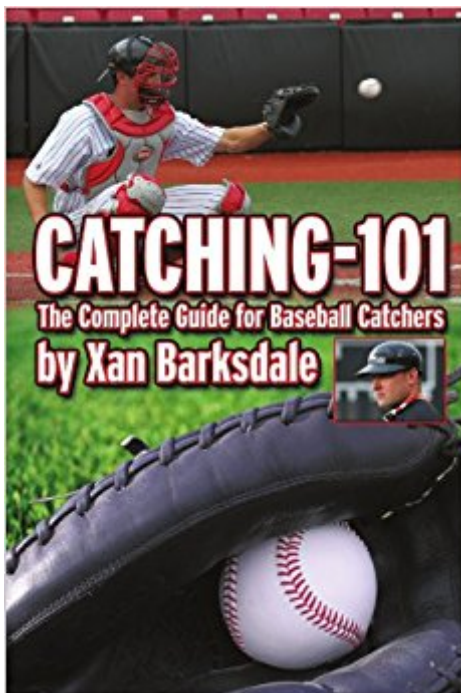


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Catching-101: The Complete Guide For Baseball Catchers



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

Coach Xan Barksdale began his coaching career at the University of Louisville in the fall of 2006 after retiring from a career in professional baseball with the Atlanta Braves. In his first season with the Louisville Cardinals, his team finished sixth in the country with the school's first ever trip to the College World Series at Rosenblatt Stadium in Omaha, Nebraska. He grew up in Madison, Mississippi where he started to develop a love for the game of baseball at the age of four. He played his first season as a catcher when he was seven years old, and that's when his love for catching

began. He continued to play Little League baseball and travel baseball until he began high school. His high school career was played at Madison-Ridgeland Academy (MRA) from 1997 to 2000. While at MRA, he earned All-Conference honors and was selected as a Mississippi state All-Star. He was a member of the National Honor Society and graduated with honors in May of 2000. Coach Barksdale continued his education at Holmes Community College in Goodman, MS while playing baseball for the Bulldogs under coach Kenny Dupont. At HCC he continued to learn the game of baseball while earning an Associate's degree in Engineering in May of 2002. He was also a member of Phi Theta Kappa Honor Society. After his playing days at HCC, he pursued his bachelor's degree at the University of Mississippi (Ole Miss) and played for coach Mike Bianco. The Rebels were ranked as high as fourth in the country during this time, and they hosted the school's first NCAA Regional in 2004. After Coach Barksdale's senior season, he signed a free agent contract with the Atlanta Braves. After his first professional season with the Atlanta Braves, Coach Barksdale returned to school to complete his bachelor's degree. In May 2005 he was awarded his Business Administration degree from the University of Mississippi, with an emphasis in Marketing and a minor in Math. He was also a member of Phi Sigma Pi National Honor Fraternity. From 2004 to 2006, he wore a Braves uniform and spent time playing in the Gulf Coast League, Appalachian League, South Atlantic League, and the Carolina League. In 2006 he decided to retire from playing professional baseball in order to pursue a coaching career. He was offered his first coaching position by coach Dan McDonnell, who had been an assistant coach on staff during Coach Barksdale's time at the University of Mississippi.

Look, I'm a youth baseball coach who played ball throughout high school mainly as a shortstop. I never caught, so even though I played organized baseball for 12 years, my knowledge on the position was pretty basic, and I lacked the confidence and knowledge to coach kids how to catch effectively. Then I discovered this book. I purchased this Kindle book, and it provided me with a comprehensive base of knowledge for what effective catchers need to be able to do on the field. The book is extremely well-organized so each "topic" of catching is a separate chapter. The text structure makes it easy for me to understand the information the author presents and apply to 7 and 8 year old players. I feel confident in being able to coach players in the proper posture for blocking balls in the dirt, properly position one's self to receive a throw from an outfielder, and how to throw to third base to nab a would-be base stealer. And I only touched the tip of the iceberg when it comes to everything the author presented! Thank you, Mr. Barksdale, for representing the catcher position and for making my life as a youth baseball coach much simpler!

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!"

Best book on the market for clear detail on how to help catchers perfect their trade.

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.

Great catchers resource. My 12U player has this by his bedside and reviews a section every night before bed. It's setup efficiently with small consumable chunks and good visuals. We have also bought the DVD which is essentially the same content in a different medium.

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.

Very Happy!

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