

CATCHING TIMES:

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I'm often asked how can you tell if you catcher has a good arm? The best way to determine this is by timing your catcher on her throws to 2nd base.

Since all bases are 60 feet apart (for players 12 years old and older), it allows us to use the time it takes a catcher to throw a ball a specific distance – from homeplate to 2nd base – as a gauge from which to compare her throw to 2nd to other catchers.

By the way – the distance a catcher throws the ball from homeplate to second base is **84 feet 84 inches**.

The times to use to determine how good/quick your catchers are at throwing down to 2nd base are as follows:

GOOD = 1.8 seconds and below
AVERAGE = 1.8 seconds to 1.9 seconds
SLOW = 1.9 seconds and above
Anything Above 2.0 Will Not Throw Anyone Out!!!

NOTE: These times are from “touch” to “touch” meaning, start the clock when the ball touches your catcher’s glove, and stop the clock when the ball touches the glove of the fielder at 2nd base.