



# Catching-101: The Complete Guide For Baseball Catchers

*Xan Barksdale*

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## **Catching-101: The Complete Guide For Baseball Catchers** Xan Barksdale

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.

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