

Perfect Blocking Form Checklist





Perfect Blocking Form

Checklist

Player's Name _____ Date: _____

Stance

1. On 2 knees, not 1
2. Torso leaning forward slightly over mitt (Not too far forward; not pulling away)
3. Arms are bent - Straight arms make less blocking area, can create a ramp for the ball to get away, and indicate fear

Notes:

Glove is...

4. Shoved into the ground - Don't try to "soften" or "funnel" by pulling glove up with the ball
5. Angled straight up and down
6. Closing off "the 5 hole" gap between legs - This is it's primary purpose, NOT to field the ball

Notes:

Safety

7. Chin is tucked to protect neck (Keep eyes on the ball & tuck as it gets closer)
8. Bare / throwing hand is tucked behind mitt (Avoid impulse to field 2 handed)

Notes:

Ryan Lavarney

Ryan Lavarney is professional catcher who has played in the Major Leagues for the Boston Red Sox, Baltimore Orioles, and Atlanta Braves.

Lavarney attended Yale University where he studied philosophy and played baseball for the Yale Bulldogs.

In 2007-2008 he set multiple single season records, and also became the Ivy League's all-time leader in home runs.

Lavarney was drafted by the Boston Red Sox in the 6th round of the 2008 Major League Baseball Draft.

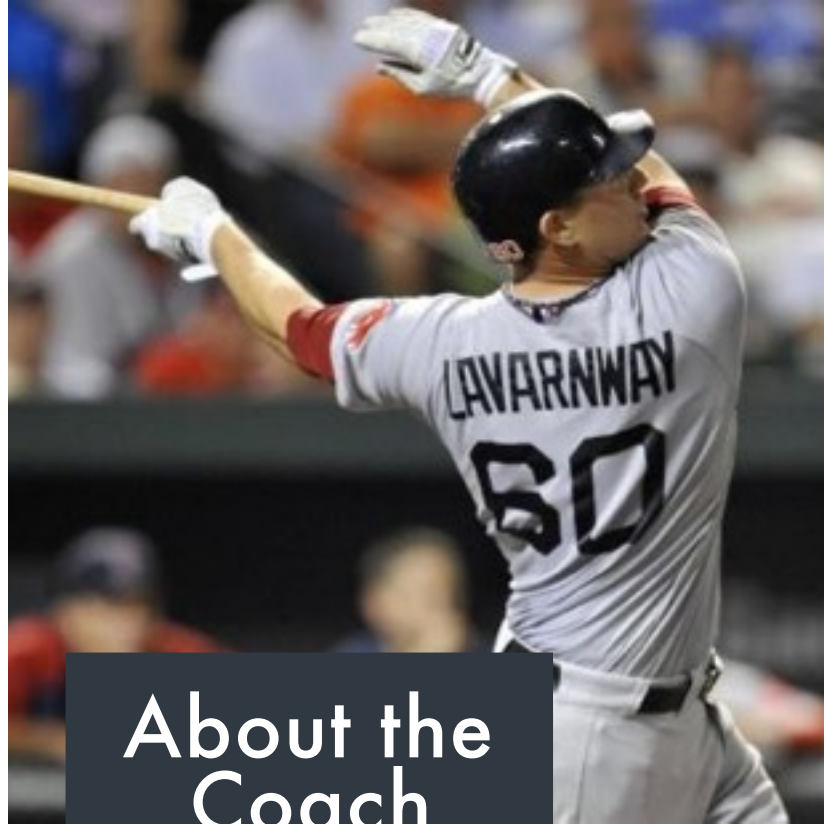
Two-time Boston Red Sox Minor League Offensive Player of the Year Lavarney made his Major League debut with the Boston Red Sox on August 18, 2011.

In 2013, Lavarney earned a World Series title and ring.

Most notably that season, he influenced the outcome of a key game in the September playoff race where he started as catcher, hitting two home runs and four RBIs in an essential victory over the Baltimore Orioles.

Lavarney was a core member of Team Israel in the World Baseball Classic in 2016 and 2017.

[Page 1 Photo Credit - Joe Territo]



About the Coach



Lavarney, 2011