



Working the Plate

Key Fundamentals

HEAD IN THE SLOT POSITION



CHIN ALIGNED WITH TOP OF CATCHER'S HEAD



FEET IN THE 'HEEL-TOE' POSITION



LOCKED IN STANCE



Eye Tracking



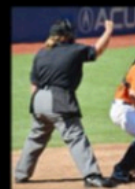
The plate umpires' head should be completely still while tracking pitches. Umpires should track pitches using only their eyes and should watch the entire pitch (from release, to the glove).

Calling Balls



- TRACK THE PITCH
- PAUSE. READ. REACT
- REMAIN IN SET POSITION
- CALL 'BALL 1/2/3/4'
- STAND UP & RELAX

Calling Strikes



- TRACK THE PITCH
- PAUSE. READ. REACT
- STAND UP STRAIGHT
- CALL "STRIKE 1/2/3" **WHILE** GIVING MECHANIC

Giving the Count



- SHOW BALLS & STRIKES AT THE SAME TIME
- INDICATE BALLS WITH LEFT HAND
- INDICATE STRIKES WITH RIGHT HAND