

# Plate Mechanics

(Right-handed batter)

## Drill Notes:

1. **Step into “The Slot”**
  2. **Drop into the Box Stance**
  3. **Track the pitch**
  4. **Make the call**
  5. **Step out**
- Four balls, three strikes, each side
  - Called strike three mechanic
  - Call TIME after ball four...  
... then put ball “in play”
  - Ask for TIME after “on the rubber”
  - Run new umpires in middle of group
  - Throw in foul-tips
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1. **Step into “The Slot”**
    - When batter, pitcher, and catcher are all in position
    - Left foot first, then right foot about shoulder width apart
    - Heel/Toe alignment
      - Toe of left shoe even with the back of catchers feet or rear end
      - Toe of right foot in line with heel of left foot
    - Nose lined up with, or slightly to the left of, the inside corner of the plate
  2. **Drop into the Box Stance**
    - As pitcher starts delivery
    - Adjust position if necessary
    - Square up to the pitcher and lean forward a little
    - Chin no lower than top of catcher’s helmet (raise up if no slot)
    - Position head (must be able to see outside corner of plate)
    - “LOCK IN” (free hand relaxed)
  3. **Track the pitch**
    - Keep your head still – track with your eyes
    - Don’t blink, flinch, drift with the pitch, or move in anyway
    - Follow the ball all the way into the mitt, or off the bat
  4. **Make the call (TIMING, TIMING, TIMING)**
    - Two step process
      - 1) Make your call mentally, then...after pausing...
      - 2) ...announce your call to the world
    - Balls – call while still down and loud enough for the benches to hear
    - Strikes – call and/or signal after rising up and loud enough for the stands to hear
      - Swinging strikes are only signaled – not voiced
      - Have a different mechanic for called strike three
  5. **Step out**
    - Opposite from the way you stepped in
    - Relax...

**CONSISTENCY**