

“A catcher must want to catch.
He must make up his mind that it
isn't the terrible job it is painted
to be” – Bill Dickey

PRICING

Single Person	\$75 per hour/pp
Two People	\$45 per hour/pp
Four People	\$30 per hour/pp
Six People or more	\$25 per hour/pp

WHAT WILL YOU LEARN

The Lesson will have 4 pieces to the puzzle known as catching:

Catching Mechanics: Learning the basics through progressions that the professionals go through

Nutrition: Having guidelines to what you eat is important, it can keep your energy sustained through the game

Physical Training: Catching is one of the most strenuous exercises you can do, working out (not always with weights) will help you recover fast as well as help you last longer into games

Mental/Emotional: Keeping your head on your shoulders in game can get that crucial out. The game is run by the catcher; if you can stay cool the rest of the team will too

Train Smarter Play Better



3-2 Count Athletic Training Facility

Fairfield Flex Center
323A Fairfield Rd
Freehold, NJ 07728
Phone 732-409-1132
1-866-411-3232

Email- Info@32count.net
Web Site- www.32count.net

“No baseball pitcher would be worth
a darn without a catcher who could
handle the hot fastball.”- Casey Stengel

Catching Instruction

Making a Difference



“A good **catcher** is the quarterback, the carburetor, the lead dog, the pulse taker, the traffic cop and sometimes a lot of unprintable things, but no team gets very far without one.” – Miller Huggins

It is the mission of **3-2 Count Athletic Training Facility** to become the premier provider of baseball and softball instruction. Our specialized instructional program goes beyond just the physical training on the field to include heart, attitude, and mental preparation. Our goal is to instill a life-long learning system for both mind and body. Our programs are designed to help parents create successful, dedicated and respectful children by reinforcing positive values in our unique baseball/softball setting. Students not only learn how to play the games, but also learn self confidence by setting and reaching goals, self esteem by continual growth, improvement on and off the field, and respect for others and themselves.

What You Will Learn

Throwing to second

Throwing to third

Throwing to first

Pickoff plays

Blocking balls in the dirt

Framing/stealing the pitch

How to receive the ball

Catcher-umpire relations

Calling a better game

Control the field

How to quick scout the hitters

Fielding bunts

Becoming an on-field pitching coach

Blocking the plate

Catching the fly ball



To make appointments with a certified instructor, please call, email or fax.

Email: info@32count.net

Phone #: 732-409-1132

Fax #: 732-409-1179

Name: _____

Age: _____

Address: _____

Phone #: _____

E-Mail: _____

Contact persons name and number (if under 18): _____

One goal on what you want to improve or accomplish in the session: _____

“Goals, Courage, Attitude”

-Jim Brogan