

Block, Recover, Throw

Skill Set: Catching

Difficulty Level: Medium

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

Equipment Required: Catcher's gear, tennis balls (at least 5), baseballs (at least 4)

Goal: Block the tennis ball, keeping it in front, and quickly pick up a baseball and throw

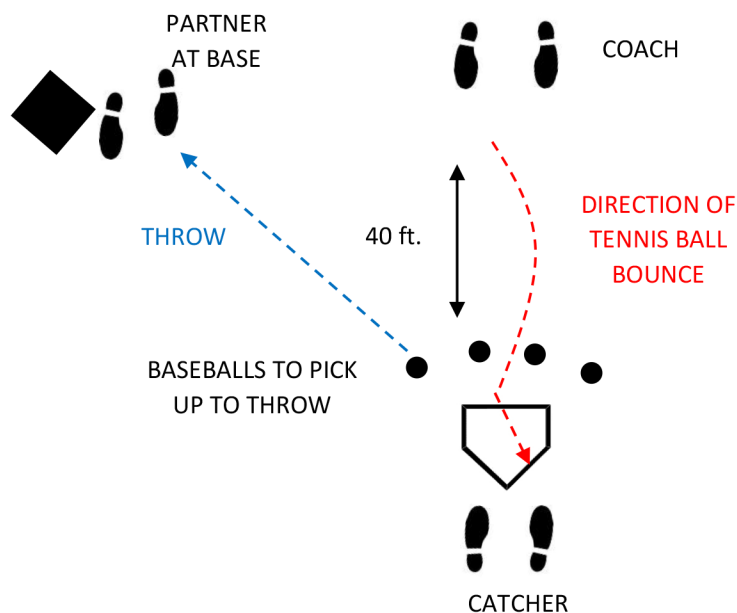
Description of the Drill:

- Catcher in full gear in catching position (home plate optional), with 4 baseballs spread out in front of them
- Coach/partner with tennis balls 40 feet in front of the catcher
- Coach/partner throws tennis balls into the dirt so that they bounce into the catcher on one hop
- Catcher drops and blocks the tennis ball and picks up a baseball, and throws the baseball to a base or partner, working on getting to the ball, into the throwing position, and rid of the ball quickly
- Catcher places each baseball back in their spot in front of them and gets back in catching position to block the next tennis ball

Add Difficulty:

- To add a degree of difficulty, the coach or partner can throw the tennis ball harder

Layout of Drill (home plate is optional):



No Glove Block

Skill Set: Catching

Difficulty Level: Medium

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

Equipment Required: Catcher's gear, tennis balls (at least 5)

Goal: Keep chest over the ball and chin down, and block the ball so that it stays in front

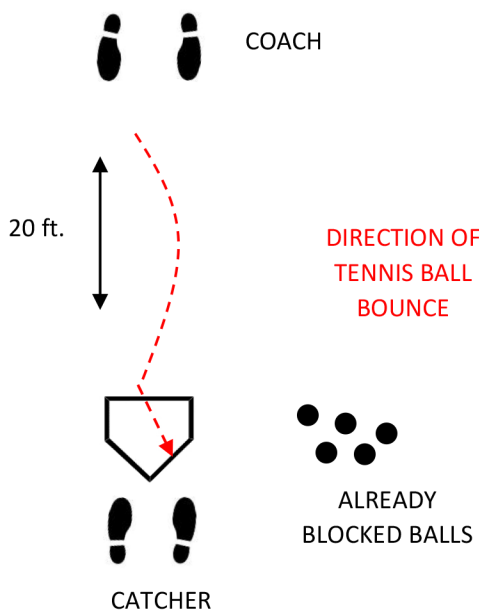
Description of the Drill:

- Catcher in full gear, no glove, in catching position (home plate optional)
- Coach/partner with tennis balls 20 feet in front of the catcher
- Coach/partner throws the ball into the dirt so that it bounces into the catcher on one hop
- Catcher drops and blocks with their thumbs tucked in their hands, keeping their chest over the ball, their chin down on their chest, and trying to keep the ball in front of them
- Catcher places each ball off to the side and gets back in catching position to block the next pitch

Add Difficulty:

- To add a degree of difficulty, the coach or partner can throw the tennis ball harder

Layout of Drill (home plate is optional):



Nose Behind Ball

Skill Set: Catching

Difficulty Level: Medium

Number of Athletes and Coaches: 1 athlete and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

Equipment Required: Catcher's gear, bucket of baseballs (at least 10)

Goal: Keep nose behind the ball and track the ball all the way to the glove

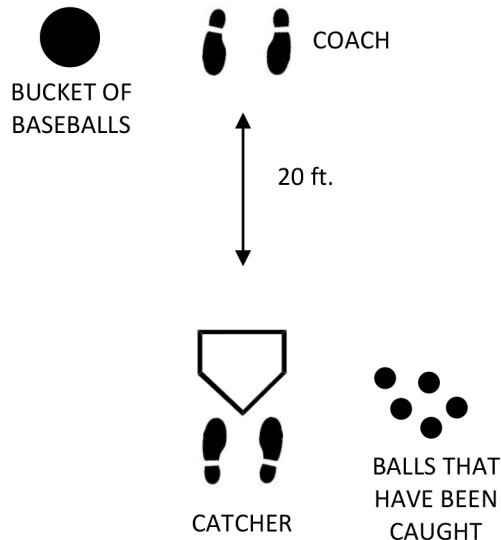
Description of the Drill:

- Catcher in full gear in catching position (home plate optional)
- Coach/partner with bucket of baseballs 20 feet in front of the catcher
- Coach/partner throws the catcher the baseballs one at a time varying locations
- Catcher catches each ball in front of their nose, moving down or up to get behind the pitch
- Catcher should shift their weight to be behind the ball
- Catcher places each tennis ball off to the side and gets ready to receive the next throw

Add Difficulty:

- To add a degree of difficulty, the coach or partner can vary pitches, challenging the catcher.

Layout of Drill (home plate is optional):



Tennis Ball Soft Hands

Skill Set: Catching

Difficulty Level: Easy

Number of Athletes and Coaches: 1 athlete and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

Equipment Required: Catcher's gear, bucket of tennis balls (at least 10)

Goal: Catch the ball with a "soft" hand, letting the ball travel instead of reaching for it

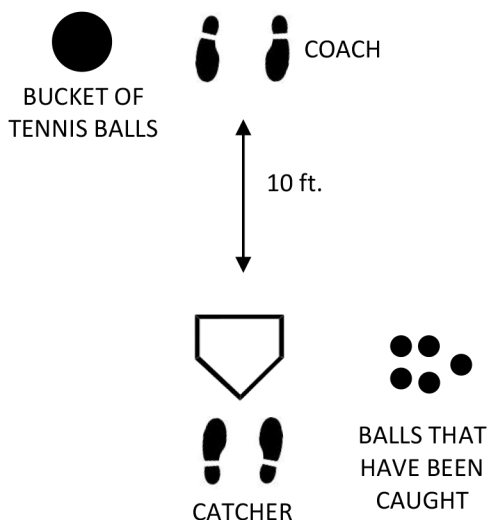
Description of the Drill:

- Catcher in full gear in catching position (home plate optional), no glove
- Coach/partner with bucket of tennis balls 10 feet in front of the catcher
- Coach/partner tosses the catcher the tennis balls one at a time
- Catcher catches each with one hand (receiving hand), keeping the other hand behind their back
- Catcher places each tennis ball off to the side and gets ready to receive the next throw

Add Difficulty:

- To add a degree of difficulty, the catcher can hold one tennis ball deep in their receiving hand with their pinky and ring fingers (as shown below)
- The thumb, index and middle fingers should be left free to catch another ball with
- The catcher should keep one tennis ball deep in their hand while catching another tennis ball with the same hand, their throwing hand should still be behind their back
- This helps catcher keep their hand soft while receiving, letting the ball travel to them instead of reaching out for it

Layout of Drill (home plate is optional):



Add Difficulty:

Catcher holds a tennis ball with their pinky and ring fingers while catching another tennis ball with their thumb, index, and middle fingers



Tic Tac Toe

Skill Set: Catching

Difficulty Level: Medium

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

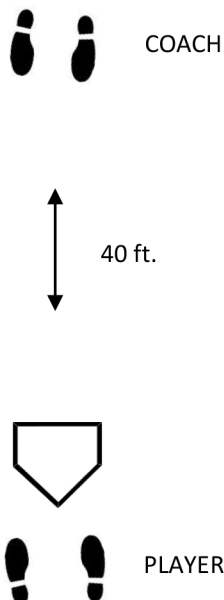
Equipment Required: Catcher's gear, gloves, baseballs (at least 2)

Goal: Frame each pitch so that it looks closer to the number target square

Description of the Drill:

- Catcher in full gear in catching position (home plate optional)
- Coach/partner 40 feet in front of the catcher with baseballs
- Catcher imagines a tic-tac-toe grid in front of them, with the squares numbers 1-9
- Coach calls out a number of a square and throws the ball to that square
- Catcher should keep their throwing hand near their glove so that they can get the ball out of their glove quickly
- If the throw misses the square, catcher should frame the pitch to make it look closer to the square
- Partners switch after each square has been hit (minimum of 9 repetitions)

Layout of Drill:



Tic-Tac-Toe Number Squares:

1	4	7	CHEST LEVEL
2	5	8	WAIST LEVEL
3	6	9	KNEE LEVEL