



Stations – Catching, Infield, and Baserunning

Skill Set: Offense

Difficulty Level: Easy

Number of Athletes and Coaches: Athletes broken into 3 groups, 1 group per station

Average Time to Complete: 30 minutes, each station takes 10 minutes, then groups rotate stations

Equipment Required: Tennis balls, baseballs, gloves, 1st base

Goal: Focus on the fundamentals of catching, fielding, and baserunning with stations.

Catching Stations – 10 minutes

The following stations should be set up in an open area or at home plate on the field.

1. Tennis Ball Soft Hands – 5 minutes

- 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

2. Tennis Ball Block – 5 minutes

- Catcher in full gear in blocking position on their knees (home plate optional)
- Coach/partner with tennis balls 5 feet in front of the catcher
- Coach/partner throws the tennis ball into the dirt right in front of the catcher
- Catcher keeps their chest over the ball, chin down, and their glove covering the gap between their knees, trying to block the ball by becoming a big pillow
- Catcher places each ball off to the side and gets back in the blocking position to block the next pitch

Infield Stations – 10 minutes

The following stations should be set up in an open area or in the infield dirt.

1. Infield Hands Prep – 5 minutes

- Partners 15 feet apart facing each other in defense ready position
- Players keep feet planted in the defense ready position
- Partners throw grounders to each other
- Receiving partner keeps their feet planted and their glove out front
- Receiving partner keeps their eyes on the ball and follows it into their glove
- Partners roll ball back and forth to each other until each partner has had 10 repetitions
- Repeat these steps for backhands, forehands, and short hops.

2. Ball in Hand Fungo – 5 minutes

- Players in a line at the short stop position, each with a ball in their throwing hand
- Coach/player hitting fungo ground balls at least halfway from home plate

- Players field the ball with their glove, keeping the other ball in their throwing hand away from their glove
- Players throw the ball in their throwing hand to the player at first base and then rotate to the back of the line, keeping the ball they fielded
- Players rotate through the line until each player has fielded 5 ground balls

Baserunning Stations – 10 minutes

The following stations should be set up in an open area with throw down bases or on the bases on field.

1. Running Through/Rounding 1st Base – 5 minutes

- Player starts in the batter's box with a bat, other players in a line behind them against the fence of the backstop
- Coach/partner acting as pitcher, goes through a wind-up without a ball for every hitter
- For running through 1st base:
 - Cone set up 10 feet behind 1st base
 - The batter swings, drops the bat, and runs all the way through 1st base, striking the front of the bag with their foot
 - The runner slows down after crossing the bag, breaking down at the cone using wide feet, short choppy steps, and looking towards the 1st base side fence to see if the ball was over thrown
 - Once the runner comes to a stop, they jog back to home plate to get back in line
- For rounding 1st base:
 - Cone set up 5 feet in foul territory from the 1st base foul line, 10 feet up the line from 1st base
 - The batter swings, drops the bat, and runs to first, staying inside of the cone and striking the front inside corner of 1st base
 - The runner slows down after rounding the bag, coming to a shuffle and then getting back to 1st base, then jogs to the back of the line at home plate
- Each player rotates through the line so that they each run all the way through 1st base and round 1st base 3 times

2. Leads from 1st Base – 5 minutes

- Player starts on 1st base, other players in a line behind 1st base
- Coach/partner acting as pitcher, goes through a wind-up without a ball for every lead
- Rotations:
 - Player takes a basic lead (3.5 shuffle steps), pauses, then goes back to the bag and gets in the back of the line
 - Player takes an aggressive lead (4.5 shuffle steps), pauses but keeps their feet moving, then steals 2nd base
 - Player takes a basic and secondary lead (3.5 shuffle steps plus 3 more aggressive shuffles) then goes back to the bag and gets in the back of the line
 - Player takes a defensive and secondary lead (3 shuffle steps plus 3 more aggressive shuffles), pauses, then goes back to the bag and gets in the back of the line
- Each player rotates through each lead 3 times

Cross Partner Framing

Skill Set: Catching

Difficulty Level: Hard

Number of Athletes and Coaches: 2 athletes and 2 coaches, or 4 athletes as 2 sets of partners

Average Time to Complete: 5 minutes

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

Goal: Get the glove around the ball and try to make the pitch look like a strike

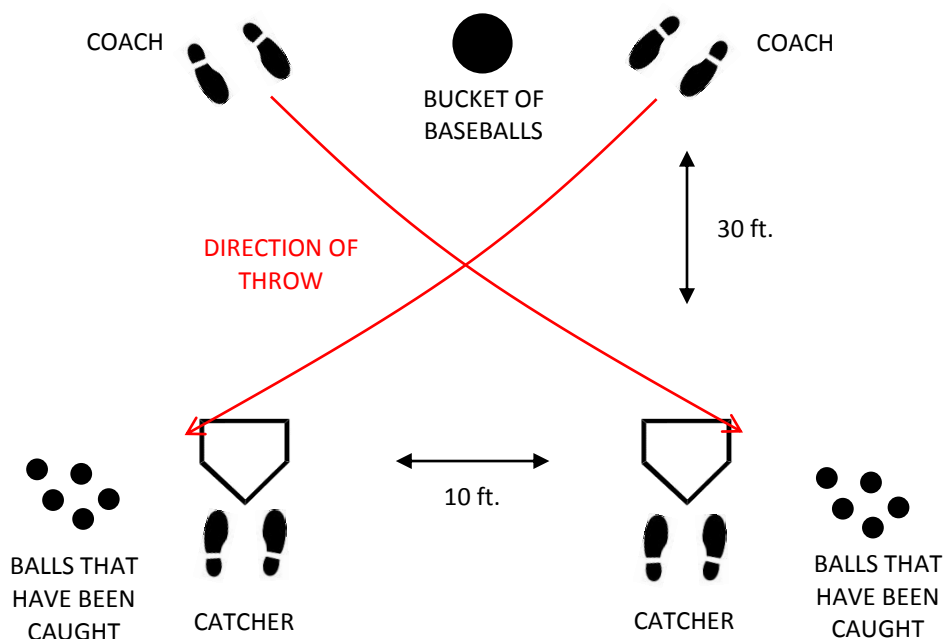
Description of the Drill:

- Two catchers in full gear on their knees 10 feet apart beside each other (home plates optional)
- Coaches/partners with bucket of baseballs 30 feet in front of each catcher
- Coaches/partners throws the ball to the catcher diagonal from them
- Catcher catches each ball and holds the pitch to make it look like a strike (keep inside the window)
- As catcher receives the ball, they should try to get their glove around the ball so that the pitch looks closer to the plate (frame the pitch)
- Catcher places each 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):





Drop and Block Line

Skill Set: Catching

Difficulty Level: Easy

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

Average Time to Complete: 5 minutes

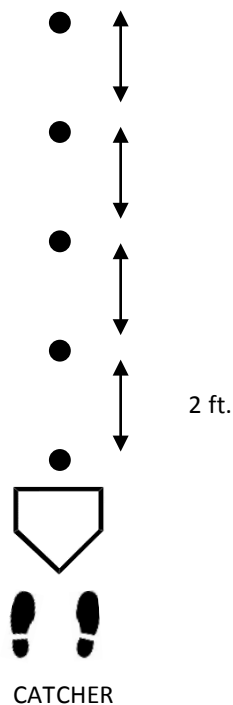
Equipment Required: Catcher's gear, baseballs or tennis balls (at least 5)

Goal: Cover the five hole with the glove and keep the shoulders over the ball

Description of the Drill:

- Catcher in full gear, with glove, in catching position (home plate optional)
- Baseballs lined up directly in front of the catcher, 2 feet apart each
- Catcher drops and blocks behind the first ball, pops back up and moves to the next ball in line to repeat
- Catcher should focus on covering the five hole with their glove and getting to the proper blocking position with shoulders over the ball every time
- Catcher should take a short break between reps, allowing a partner to do the drill

Layout of Drill (home plate is optional):





Keep it Close 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

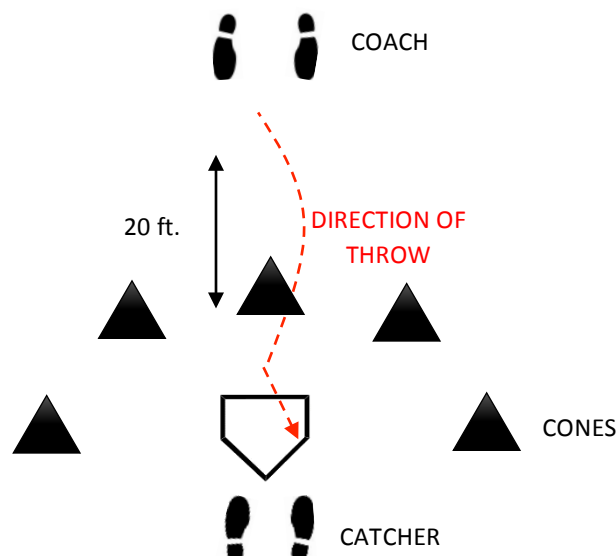
Equipment Required: Catcher's gear and gloves, baseballs (at least 5), cones

Goal: Keep chest over the ball and cover the gap between knees with glove

Description of the Drill:

- Catcher in full gear in catching position (home plate optional)
- Cones set up in an arc around the front of the plate
- Coach/partner with baseballs 20 feet in front of the catcher
- Coach/partner throws the ball into the dirt right in front of the catcher
- Catcher drops and blocks, keeping their body behind the ball, chest over the ball, chin down, and using their glove to cover the gap between their knees
- Catcher focuses on getting the blocked ball to stay between them and the cones, and near the plate
- Catchers should do 5 reps before switching

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

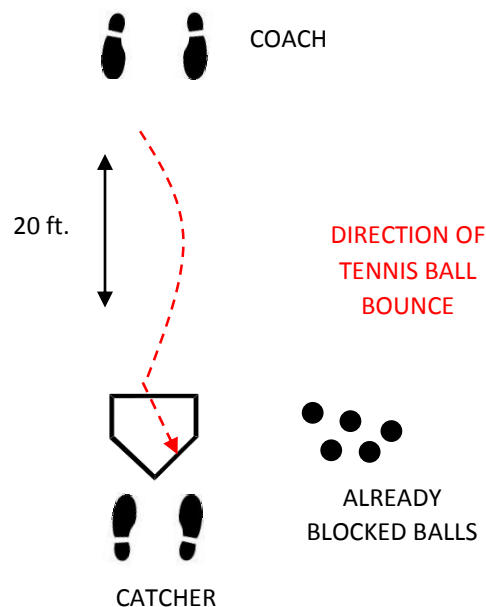
Description of the Drill:

- 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):



No Glove Exchange

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

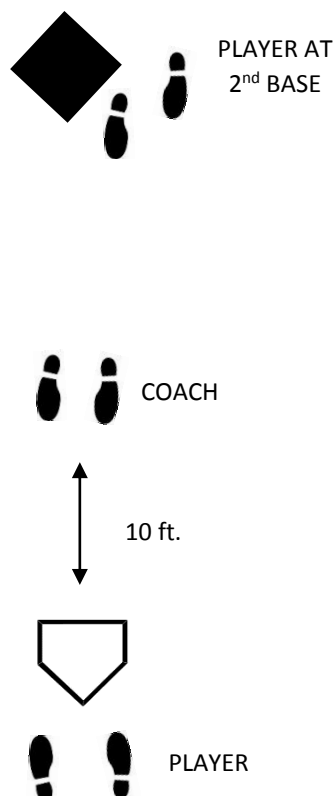
Equipment Required: Catcher's gear with glove, baseballs (at least 2)

Goal: Get into throwing position by pivoting on the back foot, make a good throw

Description of the Drill:

- Catcher in full gear, no glove, in catching position (home plate optional)
- Coach/partner 10 feet in front of the catcher with baseballs
- Coach/partner tosses the ball softly to the catcher
- Catcher receives the ball with bare hand, gets into throwing position toward 2nd base, pivoting the back foot, and throws to 2nd base
- Catcher's glove knee, hip and shoulder, should all be pointed at 2nd base
- Catcher tosses the ball back to coach/partner and gets reset in catching position
- Partners switch after 10 repetitions

Layout of Drill:



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

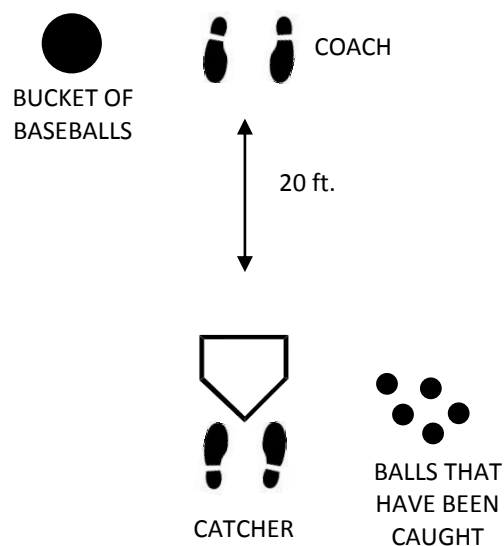
Description of the Drill:

- 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):



Pivot Footwork

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

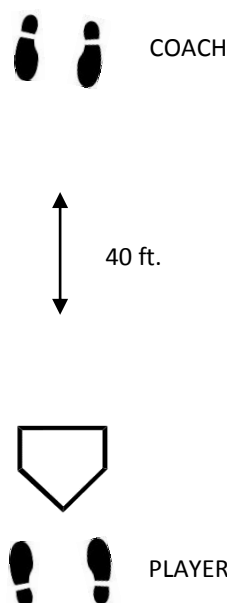
Equipment Required: Catcher's gear, gloves, baseballs (at least 2)

Goal: Get to throwing position, pivot on back foot, point knee, hip, & shoulder to target

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
 - Coach/partner throws a pitch to the catcher
 - Catcher receives the ball and gets into throwing position toward 2nd base, pivoting the back foot
 - Catcher's glove knee, hip and shoulder, should all be pointed at 2nd base
 - Catcher does not throw the ball to 2nd base
 - Catcher tosses the ball back to coach/partner and gets reset in catching position
 - Partners switch after 10 repetitions
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Layout of Drill:



Pop-Ups

Skill Set: Catching

Difficulty Level: Hard

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 3 athletes as a group

Average Time to Complete: 5 minutes

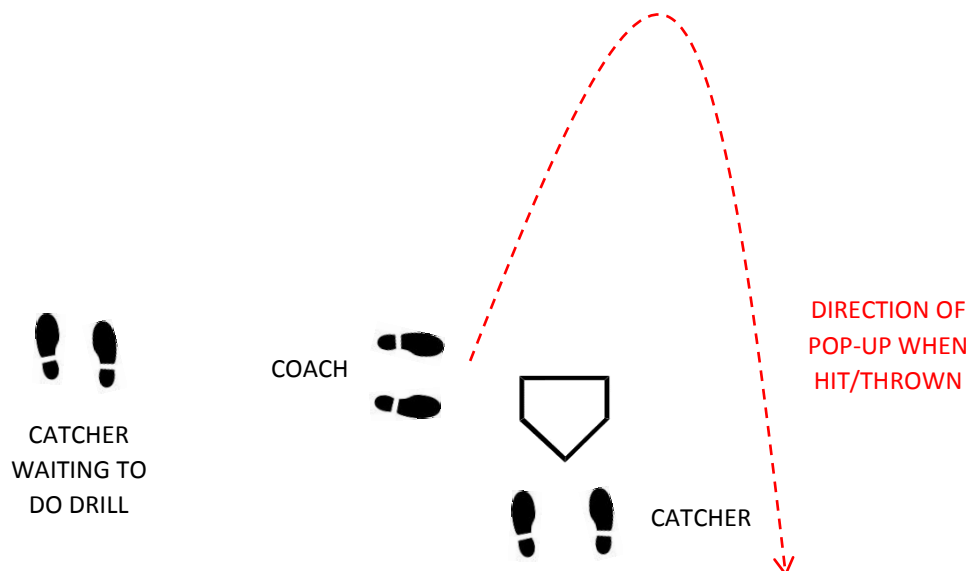
Equipment Required: Catcher's gear, gloves, baseballs (at least 5), fungo bat

Goal: Flip off mask, find the ball and call for it, catch the ball in front of forehead

Description of the Drill:

- Catcher in full gear in catching position (home plate optional)
- Coach/partner beside the catcher with fungo bat and baseballs
- Coach/partner hits the ball straight up in the air as a fly ball (if coach/partner is having difficulty hitting the pop-up with the bat, they may throw the catcher a pop-up)
- Catcher flips off mask, finds the ball, and turns so that their back is to their coach to catch it
- Catchers should call for the ball saying "BALL BALL BALL" and catch the pop up in front of their forehead
- Catcher tosses ball back to coach and gets in line behind the next catcher who has gotten ready
- Catchers rotate through so that they each get 10 pop-ups

Layout of Drill:



Preset Block

Skill Set: Catching

Difficulty Level: Easy

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

Average Time to Complete: 5 minutes

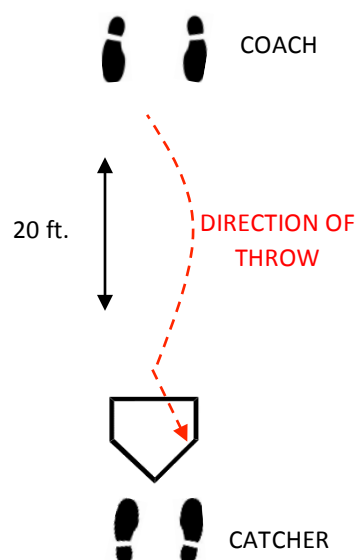
Equipment Required: Catcher's gear and gloves, baseballs (at least 5)

Goal: Keep chest over the ball and cover the gap between knees with glove

Description of the Drill:

- Catcher in full gear in catching position (home plate optional)
 - Coach/partner with baseballs 20 feet in front of the catcher
 - Catcher gets set in block position behind the plate
 - Coach/partner throws the ball into the dirt right in front of the catcher
 - Catcher keeps their body behind the ball, chest over the ball, chin down, and uses their glove to cover the gap between their knees
 - Catcher places each ball off to the side and stays in the blocking position to receive the next throw
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Layout of Drill (home plate is optional):



Quick Hands

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, baseball

Goal: Get rid of the ball quickly but under control, make a good throw to partner

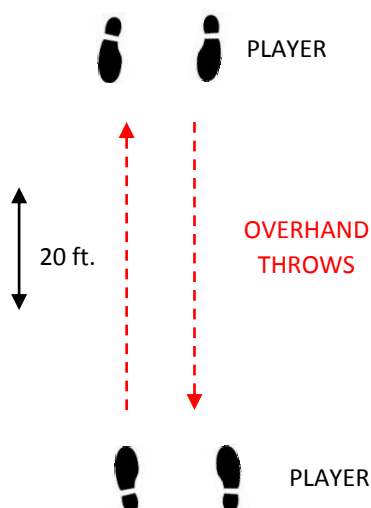
Description of the Drill:

- Partners 20 feet apart on their knees facing each other
- Partners keep knees on the ground and throw back and forth
- Receiving partner lets the ball get close to them before catching and pushing glove across face (don't reach out for it)
- Throwing partner works on getting the ball back to the other partner quickly and under control
- Coach/partner says "GO!" to get the catchers to speed up (3 times)
- Partners throw back and forth to each other until each partner has had 10 repetitions

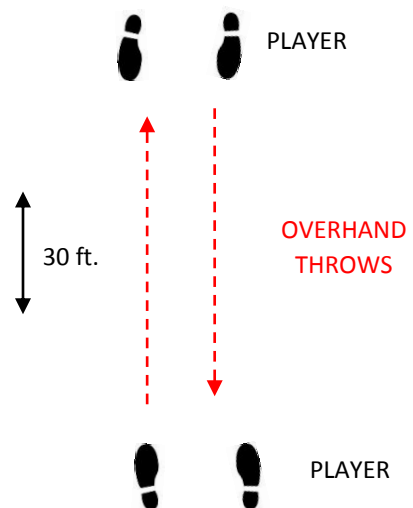
Add Difficulty:

- To add a degree of difficulty, players can move further away from each other to 30 feet apart

Layout of Drill:



Add Difficulty:



Rapid Fire Block

Skill Set: Catching

Difficulty Level: Hard

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

Average Time to Complete: 5 minutes

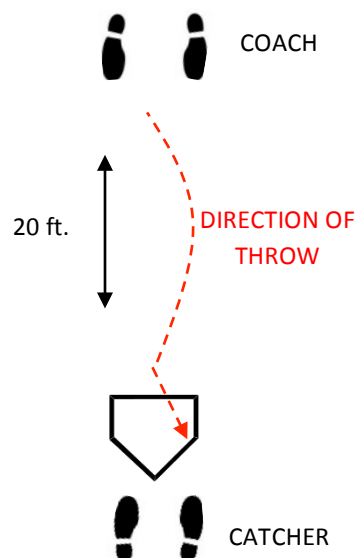
Equipment Required: Catcher's gear and gloves, baseballs (at least 5)

Goal: Keep chest over the ball and cover the gap between knees with glove

Description of the Drill:

- Catcher in full gear in catching position (home plate optional)
- Coach/partner with baseballs 20 feet in front of the catcher
- Coach/partner throws the ball into the dirt right in front of the catcher
- Catcher drops and blocks, keeping their body behind the ball, chest over the ball, chin down, and using their glove to cover the gap between their knees
- Catcher quickly gets back to the catching position for the next ball being immediately thrown
- Catchers should do 10 reps before switching

Layout of Drill (home plate is optional):



Rapid Fire Receiving

Skill Set: Catching

Difficulty Level: Hard

Number of Athletes and Coaches: 1-4 athletes and 1 coach, or 4 athletes as a group

Average Time to Complete: 5 minutes

Equipment Required: Catcher's gear and gloves, baseballs (at least 3 per group member)

Goal: Catch each ball cleanly and drop it quickly to get ready to receive the next throw

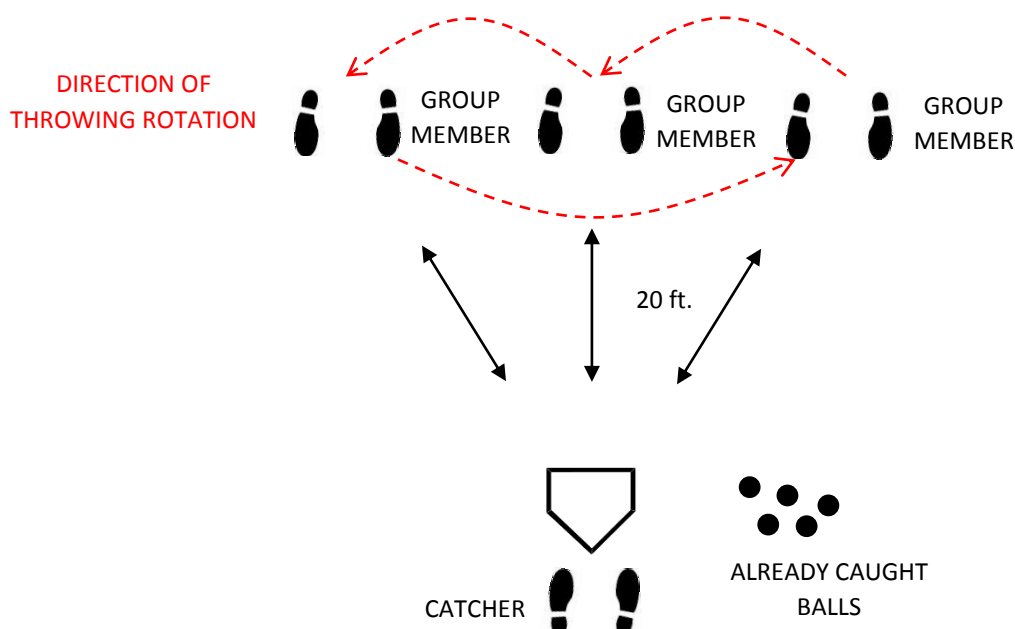
Description of the Drill:

- Catcher in full gear in catching position (home plate optional)
- 3 other group members 20 feet away to the left, middle, and right of the catcher
- Group members throw balls to catcher one after another starting with the group member to the right of the catcher (right→middle→left→repeat)
- Catcher receives the ball and drops it quickly to receive the next ball from the next group member in the rotation
- Players rotate at the catching position after each player has thrown the catcher 3 balls (9 total)

Add Difficulty:

- To add a degree of difficulty, the group members can shorten the time between their throws to the catcher

Layout of Drill (home plate is optional):



Relaxed Receiving

Skill Set: Catching

Difficulty Level: Easy

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

Average Time to Complete: 5 minutes

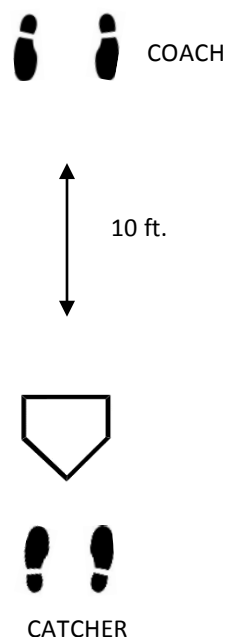
Equipment Required: Catcher's gear, baseballs, tennis balls (at least 5), stool or bucket (optional)

Goal: Catch as softly and quietly as possible, staying behind the ball with the hand

Description of the Drill:

- Catcher in full gear, no glove, in catching position (home plate optional)
 - Coach/partner with tennis balls 10 feet in front of the catcher
 - Catcher makes subtle, pre-pitch movement to loosen the glove hand
 - Coach/partner throws the ball softly down the middle of the plate
 - Catcher focuses on catching the ball softly and quietly, staying behind the ball with the hand
 - Repeat sequence with the catcher's glove on and the coach/partner throwing hard baseballs from closer to mound's distance
 - Catcher may also sit on a stool or bucket to take the stance out of play and allow focus to be placed on what the hand is doing to catch the ball
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Layout of Drill (home plate is optional):



Right Left Block

Skill Set: Catching

Difficulty Level: Easy

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

Average Time to Complete: 5 minutes

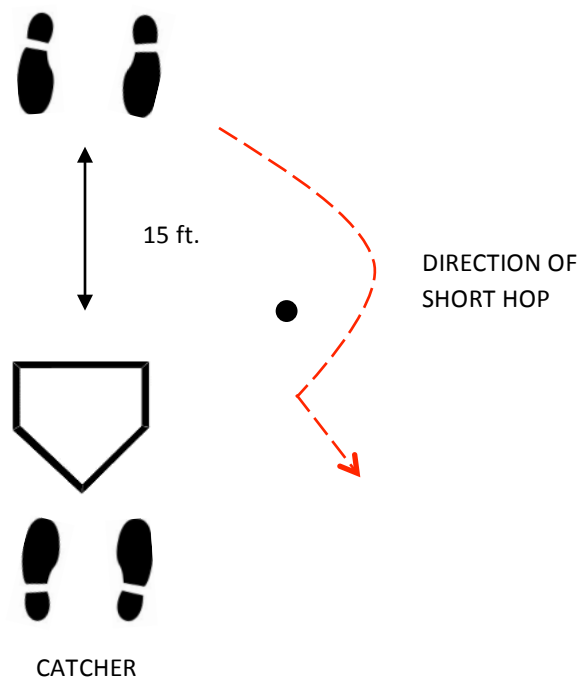
Equipment Required: Catcher's gear, baseballs or tennis balls (at least 5)

Goal: Work to block around the ball, keeping the blocked ball towards the plate

Description of the Drill:

- Catcher in full gear, with glove, in catching position (home plate optional)
- Coach 15 feet in front of catcher
- Coach throws short hops to the right of the plate
- Catcher works to block around the ball, keeping the blocked ball towards the plate
- After every block, the catcher gets reset before the coach throws another short hop to the right of the plate
- After 5 reps to the right side, the catcher can then move to 5 reps on the left side

Layout of Drill (home plate is optional):



Stick the Pitch

Skill Set: Catching

Difficulty Level: Easy

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 and gloves, baseballs (at least 2)

Goal: Hold strikes where they are caught for a second, immediately throw balls back

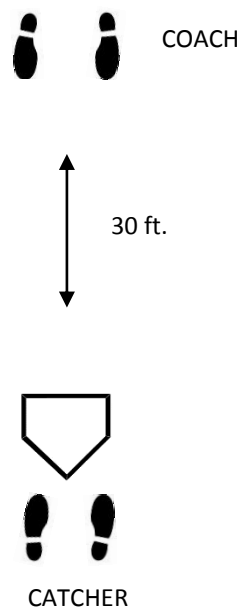
Description of the Drill:

- Catcher in full gear in catching position (home plate optional)
- Coach/partner with baseballs 30 feet in front of the catcher
- Coach/partner throws the ball to the catcher varying pitches and locations
- If the pitch is a strike, the catcher holds the glove position they caught the ball in for a second and then throws the ball back, if the pitch is a ball, the catcher immediately throws the ball back
- Catcher throws each ball back to the coach/partner and gets reset

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):



Sway

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: Keep body behind the ball and sway from side to side to catch the ball

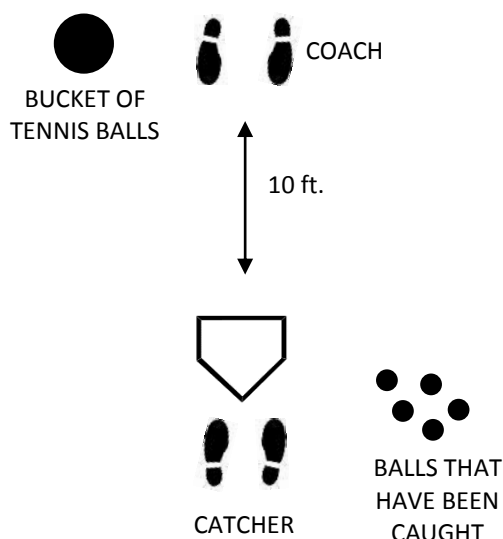
Description of the Drill:

- 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 altering inside and outside tosses
- Catcher catches each with one hand (receiving hand), keeping the other hand behind their back
- As catcher goes to receive the ball, they should shift their weight to the left or right depending where the ball is, keeping their body behind the ball
- Catcher places each tennis ball off to the side and gets ready to receive the next throw

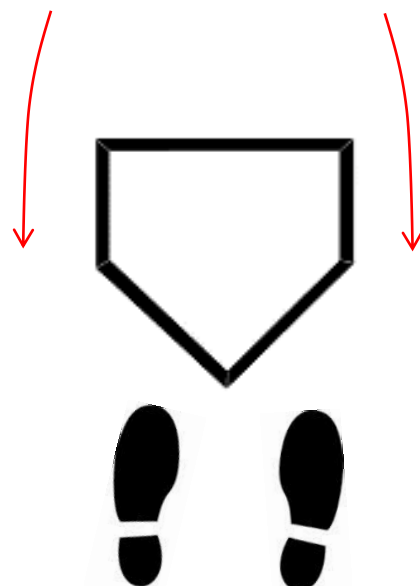
Add Difficulty:

- To add a degree of difficulty, the coach or partner can throw the ball quicker and further to either side of the catcher.

Layout of Drill (home plate is optional):



Placement of Tosses to the Catcher:



Tennis Ball Block

Skill Set: Catching

Difficulty Level: Easy

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 and gloves, tennis balls (at least 5)

Goal: Keep chest over the ball and become a big pillow for the ball to hit

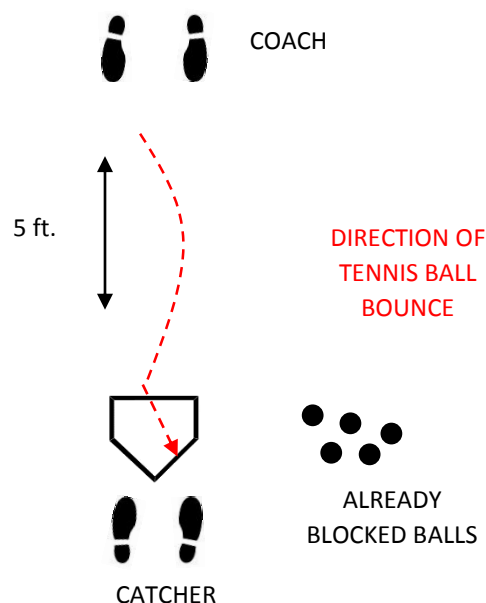
Description of the Drill:

- Catcher in full gear in blocking position on their knees (home plate optional)
- Coach/partner with tennis balls 5 feet in front of the catcher
- Coach/partner throws the tennis ball into the dirt right in front of the catcher
- Catcher keeps their chest over the ball, chin down, and their glove covering the gap between their knees, trying to block the ball by becoming a big pillow
- Catcher places each ball off to the side and gets back in the blocking position to block the next pitch

Add Difficulty:

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

Layout of Drill (home plate is optional):



Tennis Ball Pop-Ups

Skill Set: Catching

Difficulty Level: Easy

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, tennis racquet (no gloves)

Goal: Get under the ball with back to the infield and catch with two hands

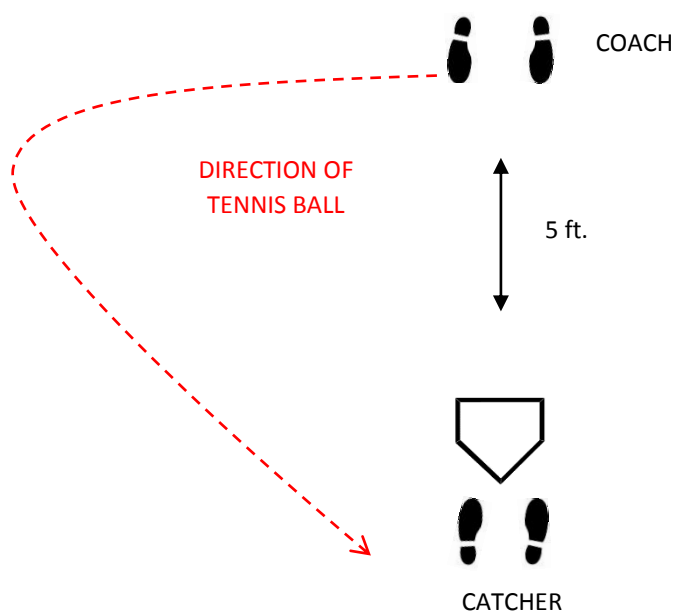
Description of the Drill:

- Catcher in full gear, no glove, in catching position (home plate optional)
- Coach/partner with tennis balls 5 feet in front of catcher
- Coach/partner hits tennis balls with the racquet straight up in the air
- Catcher flips off mask and finds the ball, turning their back to the infield
- Catcher focuses on getting under the ball, calling for it (saying "BALL BALL BALL"), and catching with two hands
- Catcher tosses the tennis ball back to the coach/partner and gets reset in the catching position

Add Difficulty:

- To add a degree of difficulty, the coach or partner can hit the tennis ball lower or higher in the air.

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

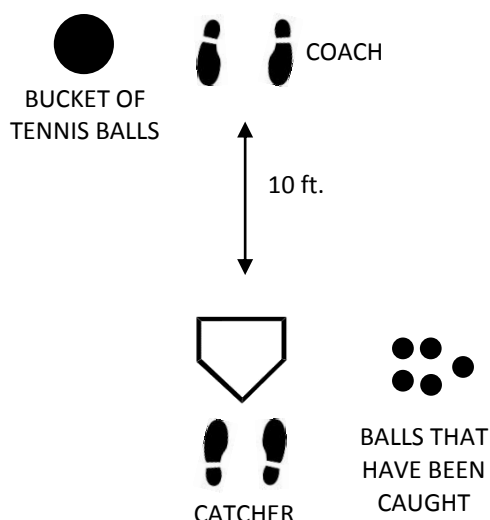
Description of the Drill:

- 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



Throwing Footwork for Catchers

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, baseballs (at least 5)

Goal: Master the transfer and the footwork, and the pop time will take care of itself

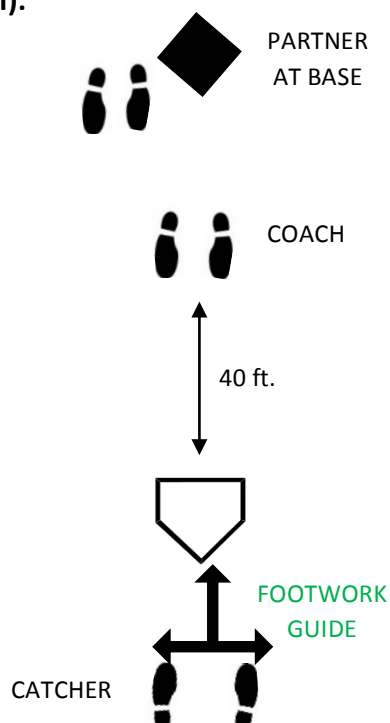
Description of the Drill:

- Draw an upside-down 'T' from the point of home plate as a guide for the feet for throws to second
- Catcher in full gear, starting in the action stance with both feet on the cross of the 'T'
- Coach/partner throws baseballs from 40 feet in front of the catcher
- Catcher catches the ball, turns the glove so the opening now faces the bare hand and takes the ball out with a four-seam grip (rather than using the glove to "flip" it into the hand)
- Catcher moves to the stem of the 'T' for the throw and gains ground toward second base
- Repeat 5 times and rotate catchers

Add Difficulty:

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

Layout of Drill (home plate is optional):



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

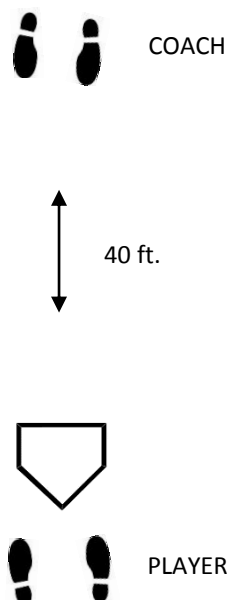
Equipment Required: Catcher's gear, gloves, baseballs (at least 2)

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



Turn the Glove Over

Skill Set: Catching

Difficulty Level: Easy

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, baseball

Goal: Receiving partner- turn glove to frame the throw, throwing partner- find 4 seams

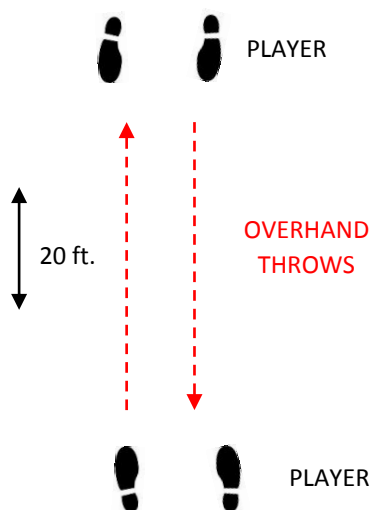
Description of the Drill:

- Partners 20 feet apart on their knees facing each other
- Partners keep knees on the ground and throw back and forth
- Receiving partner catches the ball and turns their glove to frame the throw as a strike
- Throwing partner says "GO!" and throws the ball back to their partner
- Throwing partner should find the 4 seams before throwing the ball to their partner
- Partners throw back and forth to each other until each partner has had 10 repetitions

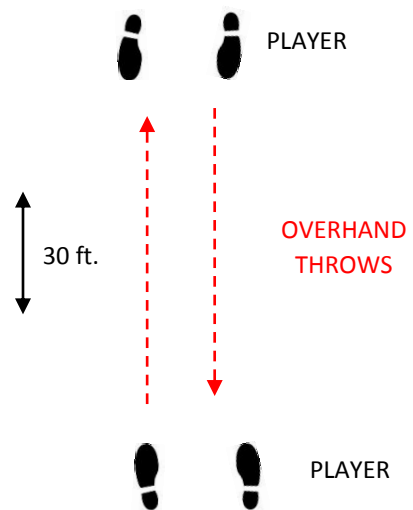
Add Difficulty:

- To add a degree of difficulty, players can move further away from each other to 30 feet apart

Layout of Drill:



Add Difficulty:



All Together Receiving

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: 10 minutes

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

Goal: Tie all catching techniques of swaying, keeping body and nose behind ball together

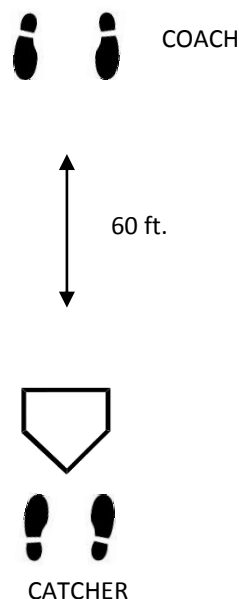
Description of the Drill:

- Catcher in full gear in catching position (home plate optional)
- Coach/partner with baseballs 60 feet in front of the catcher
- Coach/partner throws the ball to the catcher varying pitches and locations
- Catcher focuses on soft hands, swaying, staying behind the ball and catching the ball in front of their nose.
- If the pitch is a strike, they should hold their glove in the location they caught the ball for a second before throwing it back. If the pitch is a ball, they should immediately throw the ball back.
- Catcher throws each ball back to the coach/partner and gets reset

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):



Basic Blocking

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 and gloves, baseballs (at least 5)

Goal: Keep chest over the ball and cover the gap between knees with glove

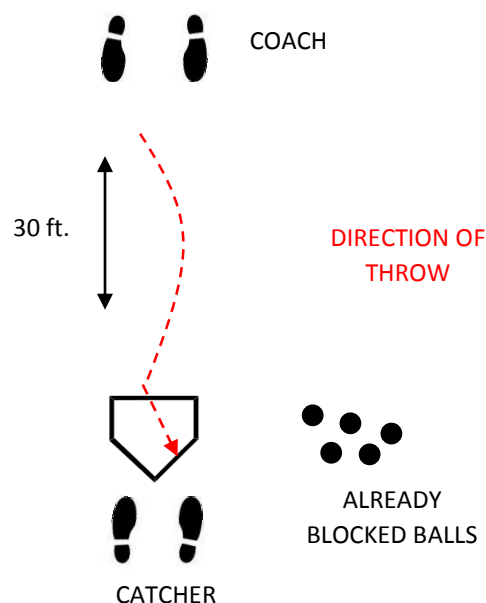
Description of the Drill:

- Catcher in full gear in catching position (home plate optional)
- Coach/partner with baseballs 30 feet in front of the catcher
- Coach/partner throws the ball into the dirt right in front of the catcher
- Catcher gets their body behind the ball and drops to their knees to block the ball, keeping their chest over the ball, chin down, and their glove covering the gap between their knees
- Catcher places each ball off to the side and gets back in the catching position to receive the next pitch

Add Difficulty:

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

Layout of Drill (home plate is optional):



Basic Receiving

Skill Set: Catching

Difficulty Level: Easy

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

Average Time to Complete: 5 minutes

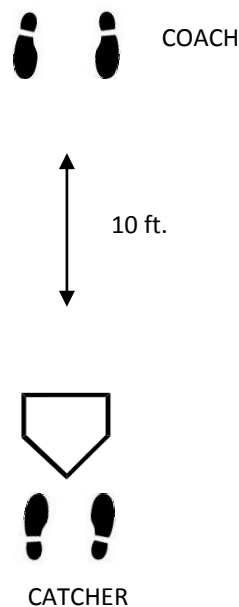
Equipment Required: Catcher's gear, tennis balls (at least 5), can use baseballs

Goal: Let the ball travel to their glove hand instead of reaching out to get the ball

Description of the Drill:

- Catcher in full gear, no glove, in catching position (home plate optional)
 - Coach/partner with tennis 10 feet in front of the catcher
 - Coach/partner throws the ball softly down the middle of the plate
 - Catcher keeps their glove hand relaxed, with their throwing hand behind their back
 - Catcher focuses on letting the ball travel to them instead of reaching out to get it, and staying soft with their hands, like they are catching an egg
 - Catcher tosses each ball back to the coach/partner and partners rotate after 10 repetitions
-

Layout of Drill (home plate is optional):



Bite the Ball

Skill Set: Catching

Difficulty Level: Easy

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 and gloves, tennis balls (at least 5)

Goal: Keep the chest over the ball and make sure to keep the chin down on the chest

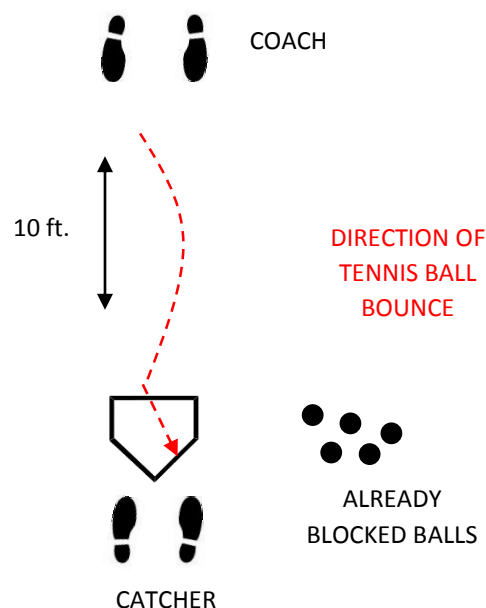
Description of the Drill:

- Catcher in full gear in catching position (home plate optional)
- Coach/partner with tennis balls 10 feet in front of the catcher
- Coach/partner tells the catcher to drop and block, then bounces a tennis ball into the catcher
- Catcher keeps their chest over the ball and their glove covering the gap between their knees, trying to block the ball making sure to keep their chin down on their chest
- 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 move further back to 20 feet and throw the tennis ball harder

Layout of Drill (home plate is optional):



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

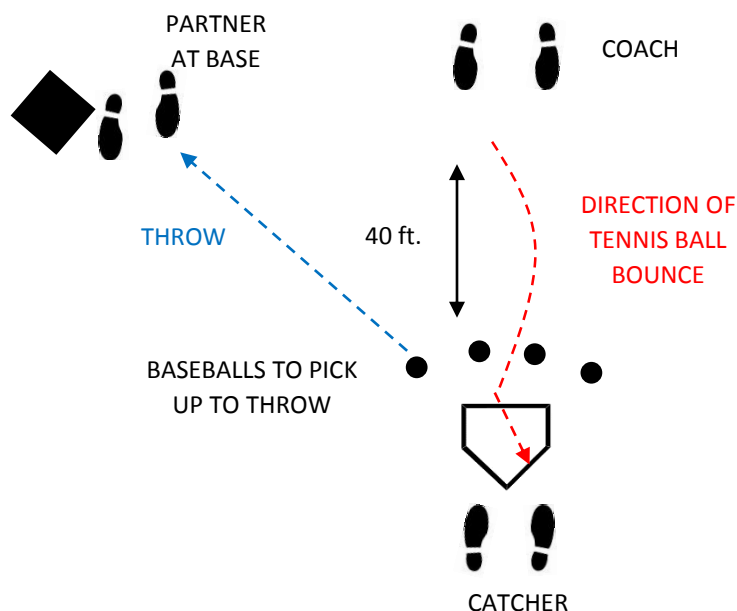
Description of the Drill:

- 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):



Block and Recover

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 and keep it in front, quickly pick up a baseball to fake 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 30 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 to fake throw, working on getting to the ball and into the throwing position 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
- Partners switch after blocking 10 balls

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):

