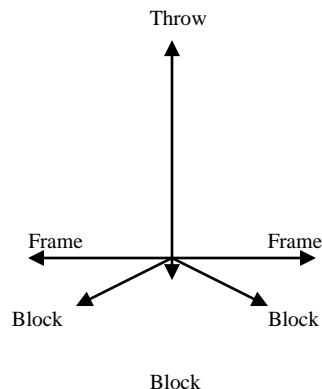


## CATCHING DRILLS

### RECEIVING / BLOCKING DRILLS

#### Phantoms

- Glove or No Glove
- Emphasize Quick Feet and Proper Fundamental
- Use Hand Signals or Mirror Partner
- Work on Framing/Blocking/Throwing



(HAND SIGNALS)

#### Live Framing

- Glove or No Glove
- Cup Wrist to Plate
- Catch – Hold – Go On
- Wall Ball

#### Live Blocking

- Slide Shins, Hands Down, Shoulders Squared, Chin to Chest, Exhale
- Quick Feet, Cover Holes
- Popping Drill: Block and Recover

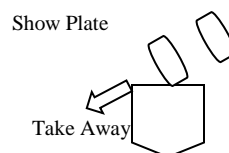
\*\* Machine Gun Drill: Rapid Fire Blocking or Framing

#### Goalie Drill

- Set Up 2 Cones or Objects to Use as a Goal
- Set Catcher Up Between Cones as Goalie
- Compete With Other Catchers on Stopping Balls

#### Tag Plays

- Show the Plate / Take Away on the Catch
- Mask On – Always!
- Work on Short Hops and Bad Hops



### **Juggling**

- 2 Catchers or catcher and coach squat facing each other
- Both catchers have a ball in their throwing hand
- Simultaneously they toss the ball to each other and work on receiving

## THROWING DRILLS

### Short Toss (25 Feet)

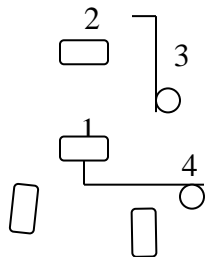
- Feet Squared to Target
- Catch With Good Technique
- Pull Glove Hard to Right Shoulder for Exchange
- Quick Exchange and Small Arm Circle
- Throw to Partner

### Momentum Drill

- 1 Catcher Squats, Partner Stands Behind
- On Catch, Partner Behind Gently Pushes Catchers Directly Towards 2B to Start Momentum in the Correct Direction
- Catcher Uses Proper Footwork, Glove, and Arm Action
- Use While Throwing or as Phantom Drill

### Catcher Shuffle

- 4 Steps / Get in Rhythm



1. Right Heel to Left Toe
2. Left Foot Squares to Target
3. Left Arm to Right Shoulder
4. Right Arm to Load Position

### Seated, 1 Knee, 2 Knee Receiving

- Add exchanges

### Multi-machine Receive and Block

- Set up multiple machines in line with varying pitches
- FB, CB, Dirtballs, Throwing footwork, etc.

## BLOCKING / CONDITIONING DRILLS

### Egg Drill (Forwards)

- Coach Starts with a Bucket of Balls, 60'-75' in Front of Catcher
- Catcher Blocks, Recovers, Resets by Moving Forwards
- Coach Rapid Fires Balls in Dirt
- Balls Should Line-Up in a Straight Line When Done

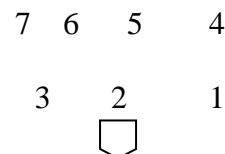
### Egg Drill (Sideways)

- Coach Starts with a Bucket of Balls, 30'-40' in Front of Catcher
- Coach Throws Balls in Dirt to One Side of Catcher While Running With Him
- Catcher Blocks, Recovers, Resets by Moving to One Side
- Balls Should Line-Up When Done
- Reset and Go Back to the Other Side

## BLOCK / RECOVER / THROW AND BUNTS

### 7 Ball Drill

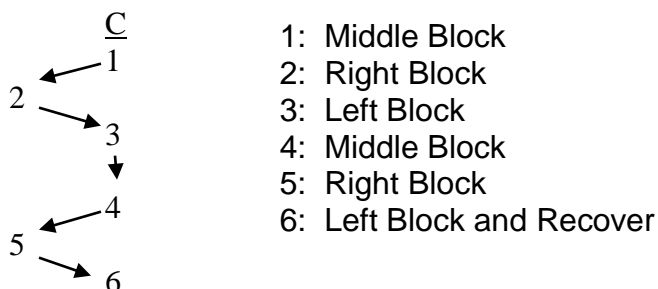
- Set up 7 Balls in front or around Homeplate
- Catcher progresses from ball 1-7 in simulating plays
  - #1: Blocked ball throw to 1B (inside or outside)
  - #2: Blocked ball throw to 2B
  - #3: Blocked ball throw to 3B
  - #4: Bunt throw to 1B
  - #5: Bunt throw to 2B
  - #6: Bunt throw to 1B (glove side)
  - #7: Bunt throw to 3B



### Bunt Drill

- Coach stands Behind Catchers and Rolls bunts in front of HP
- Catcher explodes out of stance approaches ball and throws
- Emphasize Pick Up of the ball, Staying low, Proper footwork

## 6 Ball Phantom Blocking



## Drop – Block - Roll Ball - Field and Throw to 2B

### Overhead Medicine Ball Drills

- **Front block and recover**
  - C holds MB overhead and simulates Block and Recover motion
- **Side block and recover**
  - Same as Above except Block side to side
- **Live blocking**
  - Live blocking with ball overhead

### Other Medicine Ball Drills

- Drop ball in Front- Block-Recover-Throwing Position with feet
- Roll ball- Block-Recover (before ball arrives) move feet to throwing position