



## CATCHERS DRILLS

### RECEIVING DRILLS

#### NO GLOVE SERIES

1. PARTNER TOSS W/ONE BALL (BASEBALL, TENNIS BALL OR SOFTY BALL)
2. PARTNER TOSS W/TENNIS BALL OR SMALL BALL IN PINKY & SIDE PALM OF RECEIVING HAND, CATCHING BALL W/3-4 FINGERS
3. RAPID FIRE TOSS
4. BOUNCE TOSS

#### BALANCE BEAM SERIES

1. SAME DRILLS AS ABOVE
2. TURN BODY SLIGHTLY TO THE RIGHT & LEFT TO WORK ON RECEIVING BALLS TO OUTER HALF OF ZONE
3. 1 LEG RECEIVING DRILL FOR BALANCE
4. RECEIVE OFF MACHINE TO GET CLOSE TO GAME SPEED

#### WALL BALL SERIES (ALL DRILLS GO DOWN & BACK)

1. 1 BALL RECEIVING HAND ONLY SELF TOSS
2. 2 BALL THROW & RECEIVE (INCREASE SPEED AS YOU GO)
3. 1 OR 2 BALL BOUNCE TOSS (SPEED DETERMINES OFFSPEED OR FB'S)
4. PARTNER TOSS FROM BEHIND

#### MACHINE SERIES

1. SLOW SPEED STRAIGHT ON (INCREASE SPEED AS YOU GO)
2. MOVE MACHINE OR PLAYER LEFT AND RIGHT TO WORK ON INSIDE & OUTSIDE ZONES
3. STEP FORWARD/KNOCKOUT DRILL

#### OTHER RECIEIVING DRILLS

1. CB MACHINE
2. BELLY DRILL TO WORK ON LOW PITCH IN ZONE
3. SMALL MITT GLOVE
4. BEST WAY TO WORK ON RECEIVING SKILLS ARE IN BULLPENS
5. ANGLE TOSS/THROW W/ 3+ PLAYERS



## CATCHERS DRILLS

### BLOCKING DRILLS

#### DRY & MIRROR DRILLS

1. 3 BALL FOLLOW THE CAPTAIN
2. 3 BALL POINT
3. 2 BALL POINT AND RETRIEVE (INCREASE SPEED) (POINT & CLAP)
4. PARTNER HIP CHECK OR SLIGHT PUSH DRILL
5. BALL DROP DRILL

#### PROGRESSION SERIES (ROLL, BOUNCE & THROW)

1. HANDS BEHIND BACK, ROLL & BOUNCE
2. HANDS IN BLOCKING POSITION, ROLL & BOUNCE (NO MITT)
3. SAME DRILLS AS #1 & #2 BUT W/ MITT
4. INCREASE DISTANCE & THROW (IF CAN SPIN PITCHES THAT WOULD BE IDEAL BUT DOESN'T ALWAYS HAVE TO)

#### MACHINE SERIES

1. SLOW TO MODERATE SPEED FOR THAT AGE (SIDE TO SIDE \* STRAIGHT ON)
2. KEEP THE BALL IN THE RECTANGLE (COMPETITION)
3. CB/SL MACHINE (BACK UP TO NORMAL DISTANCE, NOT EVERY PITCH THROWN IS A BALL IN THE DIRT TO KEEP CATCHER HONEST)

#### OTHER BLOCKING DRILLS

1. FOLLOW THE LEADER, ONE HOP DRILL
2. SELF TOSS OFF WALL
3. PARTNER TOSS OFF WALL FROM BEHIND

**\*\*\* BLOCK EVERY OFFSPEED PITCH IN GAMES, BULLPENS, WARM-UP PITCHES AS YOU CAN AT THE HIGH SCHOOL & COLLEGE LEVEL**



## CATCHERS DRILLS

### FOOTWORK & TRANSFER DRILLS TO THROW

#### DRY & SOLO DRILLS (WITH & WITHOUT MITT & FLAT MITT)

- JAB STEP W/TRIANGLE
- CROW HOP DRILL
- BALL IN RECEIVING HAND & WORK DRY TRANSFERS W/FOOTWORK TO ALL BASES
- TOSS BALL OFF WALL TO GET A ROLL OR BOUNCE TO YOURSELF

#### PARTNER DRILLS

- ROLL THEN BOUNCE W/NO MITT
- UNDERHAND TOSS THEN MOVE BACK TO INCREASE SPEED OF THROW AND TO SIMULATE AS CLOSE TO GAME SPEED AS POSSIBLE
- QUICK EXCHANGE TOSS (USUALLY AT THE END OF YOUR DAILY THROWING PROGRAM/ARM LOOSENING TIME)
- SHORT TRANSFERS & TOSS ON KNEES TO ISOLATE TRANSFER

#### OTHER TRANSFER & FOOTWORK DRILLS

- REGULAR BUNTING MACHINE & CB MACHINE
- DO ALL DRILLS ABOVE W/THROWING ARM THUMB ON SHOULDER TO HELP GUIDE TRANSFER TO THROWING ARM SLOT

**\*\*\* WORK IN TRANSFERS W/OUT THROWS IN BULLPEN, THROWING PROGRAM & WHENEVER YOU PLAY CATCH**