

Practice Drills – Examples

Catcher Drills

When you practice it is important to keep the team actively engaged. Standing around should be kept to a minimum. We recommend the use of “stations” or the team divided into small groups that rotate through various practice drills. This will allow for each player to practice key baseball fundamentals throughout each scheduled practice time. Additionally, coaches may try group competitions to facilitate a drill in a fun, yet competitive way. Coaches should use the Practice Template to design specific drills needed prior to a scheduled practice.

1. Catch and hold

To improve focus on the ball. Two players partner and assume receiving positions about 20’ apart. With or without catcher's mitts, they toss the ball to each other. The receiver concentrates on catching the ball with one hand, and looking the ball into the hand/mitt. He then holds the catch for a count of two, keeping his eye on the ball/hand/glove, before throwing the ball to his partner.

2. Blocking

To develop blocking skills. Catcher lines up against a backstop and simulates receiving low pitches by having balls thrown to him from a short distance away. Can be done without catcher's gear by using tennis balls or softer baseballs. Focus is on keeping the chin/head down and the eyes on the ball, dropping to knees and plugging the 5-hole with the glove, and keeping the chest/head forward over the knees i.e. the catcher’s body assumes a posture resembling a ‘C’.

3. Throw Downs

To develop footwork and throwing accuracy on steals. Catcher lines up in a receiving position, and receives a simulated pitch. He rises from his crouch, stepping out first with his back throwing foot. He then strides with his lead foot toward the base he is throwing to as a trigger for the throwing motion. This should be done slowly at first, gradually increasing speed as the footwork improves. Focus should be on getting the throws off within two steps, using footwork to create a clear throwing lane to the base, and making accurate throws.