

Catcher's Throwing Program

- **2 Knees: 20 FT**
 - Thrower – Wrist Flicks
 - Receiver – Exchanges
- **1 Knee: 40 FT**
 - Thrower – Power A; Throw
 - Receiver – Exchanges
- **10 Toes Forward: 60 FT**
 - Thrower – Power A; No Stride & Throw
 - Receiver – Right Foot to the Ball & Exchange
- **Glide to Stride: 90 FT**
 - Thrower – Narrow base; Power A; Stride & Throw
 - Receiver – Left Foot to the Ball; Exchange
- **Stretch it Out: 120-150 FT**
 - Thrower – Two Shuffles in Power A
 - Receiver – Move Feet
- **On The Way In**
 - Thrower – Catching Stance; Long hop throws
 - Receiver – Plays at the Plate; Tag and Spin out
- **Fast Hands/Fast Feet: 45 FT**

Emphasize Playing Catch With A Purpose

High Focus

No Drops



Catcher's Stretching Routine

DONE DAILY

Hurdles

Walk Overs – Front (2X)

Walk Overs – Back (2X)

With Rhythm – Front (2X)

With Rhythm – Back (2X)

Single Leg Swings w/rhythm – Down & Back

Double Leg Swings w/rhythm – Down & Back

Agilities

Squat Walk-outs (5yds x 2)

Lateral Squat Walk-outs (5yds x 2)

Lateral Squat Shuffles (10yds x 2)

Guard Slides

Squat Jumps (10)

Pop-Blocks (2 sets x 5 reps)

Isometric Stretches

Squat Rocks

Blocking Position & Sink

Hurdler Stretch

Hamstring Stretch

One Knee Hip Flexor

Two Knee Hip Rockers

CCR's=Consistent, Correct, Repitions

PRIDE=Personal Responsibility in Daily Excellence

TODAY+TODAY+TODAY=YOUR CAREER



Catching Olympics

Throws Into Box on the Screen

- 8 to 3rd
- 8 to 2nd
- 8 to 1st

3 points in Box

0 Points on Screen

-3 Points off Net

Live Blocks

- 10 Blocks in a row

3 Points if the ball stays within the cones

0 Points if Ball stays in front but out of box

-3 Points if missed block

Bunt Recoveries - Using L-Screen - All Plays at First

- 5 to 3rd Base Side
- 5 to Pitcher
- 5 to 1st Base Side

1 Point Execution

-1 No Execution

Pop-Ups

- 5 pop-ups

1 Point Execution

-1 No Execution

- 3 sets of 3 Ball Pop Ups

1 Point Execution

-1 No Execution

Around the Horn

- Walkouts to 1B - Two Feet Hops to 2B - Side Shuffles to 3B - Jump Squats to Home

1st Place- 5 points

2nd Place- 3 Points

3rd Place- 1 Point

- Catcher sprint from 2B – 3B; take off gear; sprint home.

Same Points as above- or used for tiebreaker