

## CATCHING DRILLS

### Skills to work on:

- Primary/Secondary stance
- Receiving / framing
- Footwork
- Transfer/Release time
- Throwing
- Blocking
- Balls in Play

### Catcher Everyday

Long toss with intention (heavy balls as needed)

84' throws from a half crouch

Paddle throws

Dry Blocks - 3x each spot with balls on ground (middle, left, right)

Dry bunt footwork

Tennis ball receiving

Low ball receiving (heavy ball)

Ladder/T with a med ball (hybrid step)

### Skill Work

Drop & Pop passed ball flips

Block and recover with throw 2 (standing or knee throws)

Bunt footwork with throw to all bases

Tags on regular throws, skip throws from OF and flips on a bunt

Short hop tags with partner (follow with a throw)

Short hop throws from infield locations

Pop-ups

Receiving throws (force outs)

4 to 1 turns

Plays at plate with a follow-up throw to another base (tags at plate)

Receiving flips

Live blocking

Receiving with runner on – stance, recognition, transfer, footwork

Bunts with throws to bases

Pick-offs to all bases

Cuts and relays

Receiving with mini glove (add blocks)

Receiving unexpected pitches

Short throws into a net working on transfer and footwork

Quiet receiving from machine

Receiving from machine with a transfer (on knees)

Block on machine balls

## VIDEO LIBRARY

### DRILLS

[Transfer + Footwork](#)

[Bare hand receiving](#)

[Mini glove receiving off the machine](#)

[Mobility Exercises](#)

[Reaction Receiving Drill](#)

[Catching Pop-ups](#)

[Plays at the plate](#)

[Fielding bunts](#) (practice 3B side bunts without the reverse pivot)

[Passed balls and wild pitches](#)

[Receiving drills](#)

[Blocking drills](#)

[Conditioning drills](#)

[Blocking drills](#)

[Ladder drills](#)

[Throwing Footwork](#) (go to 2:40 mark)

[Blocking](#) (go to 5:40 mark)

### Goggle Drive

Blocking Drills - [https://drive.google.com/drive/folders/1zYJJ\\_RnBoENIFHHqXeYflP7q4JQo03h0?usp=sharing](https://drive.google.com/drive/folders/1zYJJ_RnBoENIFHHqXeYflP7q4JQo03h0?usp=sharing)

Receiving Drills - [https://drive.google.com/drive/folders/1ktj-Oa\\_77mg\\_iwArgL\\_mGlt1QRh3P90j?usp=sharing](https://drive.google.com/drive/folders/1ktj-Oa_77mg_iwArgL_mGlt1QRh3P90j?usp=sharing)

Transfers & Throws - [https://drive.google.com/drive/folders/1Hlt9BeZqiQUeTpz8KxmD1Sw9vB1Pr\\_We?usp=sharing](https://drive.google.com/drive/folders/1Hlt9BeZqiQUeTpz8KxmD1Sw9vB1Pr_We?usp=sharing)

Mobility & Stretching - [https://drive.google.com/file/d/1xmVDfcy5gOMFQQU77LT89DNawSD\\_JzEH/view?usp=sharing](https://drive.google.com/file/d/1xmVDfcy5gOMFQQU77LT89DNawSD_JzEH/view?usp=sharing)

### YouTube Instructional videos

Receiving - <https://www.youtube.com/watch?v=yJxiRn88Ms0>

Improving pop times - <https://www.youtube.com/watch?v=FSJyHemMBfY&t=125s>

Knee down receiving - <https://www.youtube.com/watch?v=9KL4TNtCBXI>

Blocking - <https://www.youtube.com/watch?v=eQCF2jZiU5M>

### PLYO BALLS

[https://www.instagram.com/p/CYC4XZUw3d/?utm\\_source=ig\\_web\\_copy\\_link](https://www.instagram.com/p/CYC4XZUw3d/?utm_source=ig_web_copy_link)

[https://www.instagram.com/p/CXjvUpAO0h/?utm\\_source=ig\\_web\\_copy\\_link](https://www.instagram.com/p/CXjvUpAO0h/?utm_source=ig_web_copy_link)

[https://www.instagram.com/p/CXe5e59uIBh/?utm\\_source=ig\\_web\\_copy\\_link](https://www.instagram.com/p/CXe5e59uIBh/?utm_source=ig_web_copy_link)

[https://www.instagram.com/p/CVORupFla7Z/?utm\\_source=ig\\_web\\_copy\\_link](https://www.instagram.com/p/CVORupFla7Z/?utm_source=ig_web_copy_link)

[https://www.instagram.com/p/CF8iL1Og0o4/?utm\\_source=ig\\_web\\_copy\\_link](https://www.instagram.com/p/CF8iL1Og0o4/?utm_source=ig_web_copy_link)

## NFCA Session

Low to high (machine)
Bounce up (toss)
Line them up (toss)
Line them up 2 plates (machine)
3 plate walkup (machine)
Above the line (toss)

## HELPFUL TIPS

[Blocking](#)

[Transfers while throwing warm-up](#)

[Making throws to bases](#)

[Receiving throws from the outfield](#) (ignore the positioning on throws from RF, we still want to be in front of the plate)

[Stance and Glove Work](#)

[Secondary Stance](#)

[Arm Action + Rhythm on Throws](#)

[Throwing – Footwork and Release](#) (go to 1:00 mark)

[Transfers with Mini Gloves](#) (go to 1:55 mark)