

CATCHING WORKOUTS FOR DEFENSIVE SKILL DAYS

- DYNAMIC WARM-UP
- THROWING PROGRESSION EXERCISES AND WARMUP (**Finish with long toss and half crouch throws**)
- **IMPORTANT!!! DO PLYO BALL WORKOUT ON NON-THROWING DAYS!!!**
- CATCHING WARM-UP – DO THESE EVERY DAY (**CLICK FOR VIDEO**)
 - [Bare hand receiving \(tennis balls or baseballs and heavy ball for low pitches\)](#)
 - [Receiving drills](#)
 - [Dry Blocks – 5 middle, 5 left, 5 right \(drive the knees rearward, get the back flat\)](#)
 - [Dry bunt footwork – place 3 balls in front of plate. Work on footwork from stance, **no throw**.](#)
 - [Throwing Footwork – Use a plus sign + and do approximately 10-12 quality reps from stance working on proper footwork for throws to 2B. Practice the hybrid method. Do not need to use a ball.](#)
- PICK ANY OF THE WORKOUTS BELOW – CHOOSE A NEW WORKOUT EACH DEFENSIVE SKILL DAY
(You may build your own workout if space is limited)
 - **Skill Workout #1**
 - Passed ball throws back toward plate with pitcher covering
 - Receiving short hop throws and applying tag
 - **Skill Workout #2**
 - Pop-ups
 - Short throws into a net working on transfer and footwork
 - **Skill Workout #3**
 - Bunts with throws to bases
 - Pick-off throws to all bases
 - **Skill Workout #4**
 - Tag Plays at plate with a follow-up throw to another base
 - 4 to 1 double play turns
 - **Skill Workout #5**
 - Work on receiving pitches from a machine or someone throwing/pitching them to you
 - Blocking off live pitcher or machine
 - Block and recover with a throw

Skills to work on in your workout:

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