

CATCHING SKILLS & DRILLS

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A. QUALITIES

B. RESPONSIBILITIES

C. EQUIPMENT

D. BASIC TECHNIQUES

1. STANCES

SIGNALS STANCE

BASIC RECEIVING STANCE W/ NO RUNNERS ON

SITUATIONAL AWARENESS: RUNNER ON BASE STANCE OR BUNT/ SLAPPER

- **MASS STANCE PICK THE CATCHER**

2. CATCHING THE STRIKE

- **CLOCK READ SPIN AND SEAMS**

3. FRAMING THE BORDERLINE STRIKE

- **BACKHAND FLIPS**
- **UP THE FOUL LINE**
- **QUICK HANDS**
- **SOFT HANDS**

4. SWAYING

- **REPETITIVE SWAY & FRAME**

5. STEP SWAY & FRAME & WILD PITCHES

6. REMEDIES FOR DROPPING PITCHES

- **BLINK**
- **CATCH BUNTING PRACTICE**
- **TARGET-RELAX-CHERRY**
- **DELAY PICKING BALL UP FROM GROUND**

7. BLOCKING

- **MASS WITH FOUL LINES**
- **SIT & GET HIT, GLOVE DOWN, BLOCKS, ALT. BLOCK & FRAME**
- **COMPETITIVE BLOCKS**
- **FOLLOW COACH CONTINUOUS BLOCKS**
- **MIRROR PARTNER**
- **BLOCKS W/ RECOVERY AND THROW (TIMED AS IT HITS YOU)**

8. THROWING

- **GLOVE CLAP AND WALLY BALL**
- **TOP HALF LETTERS TOSS**
- **MASS FOOT WORK W/ BALL IN GLOVE...THROWN...LONG TOSS**
- **QUICK FEET SQUARE**
- **SOCK SCREEN TO OF GRASS**
- **FOUL LINES**
- **1 KNEE PICK OFFS**

9. BUNTS

- **1) SCOOP & DROPSCOOP, 2) DROP STEP & DROP, 3) SCOOP, SPIN & DROP**
- **ON RUN & VARIOUS TIMED BUNTS (3 LARGE STEPS)**
- **5 BALL**

10. POP UPS

- **360 SPINS**
- **P. MACHINE 5 CONTINUOUS POP UPS**
- **SLIDING CATCHES**

11. PLAYS AT THE PLATE

- **MEDICINE BALL ROLLS**

12. WILD PITCHES/ PASS BALLS: FLIPS

13. DOUBLE PLAYS

14. DROPPED THIRD STRIKES

15. KEEPING THE TEMPO

E. MENTAL