

## 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
- SOFTHANDS

#### 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