

# Catcher Drills

## Squat Drill-Catchers and Reaction Time

*Equipment: Softballs (1 per 2 people)*

1. Have players find a partner. They must line up in two lines, facing their partner.
2. Place a softball in between each group. Each player should be sitting in a squat.
3. Coach yells out different body parts (ie: head, knees). Players must touch that part (like Simon says).
4. When the coach yells: Ball! Players must be the first to grab the ball in between them and their partner.

Watch for:

- Good Squat
- No cheating/good listening

Mix it up:

- Have players repeat this drill facing different opponents

## Throwing to 2nd

*Equipment: softball, coach pitcher, runner, SS or 2nd baseman*

1. Coach should pitch to catcher (from close distance, move back as they get better)
2. Catcher must see if the runner is stealing-instinctually throw to second
3. SS or 2nd must tag the runner

Goal:

- Improve throw downs
- Understand when a runner is going to steal

Variations:

- Try with 3rd base
- Have coach throw 'bad' pitches (ie: in the dirt)

## Blocking Drill

*Equipment: Catcher's gear, balls*

1. Throw 'bad pitches' to the catcher (in the dirt)
2. Have them block the ball
3. Pop up and prepare for the throw down (if the runner is stealing)

Goal: blocking bad pitches, and being ready to throw out a runner

Watch for:

- Glove down, use of both hands
- Dropping down to block the ball

Variations:

- Have the player throw to 1st, 2nd or 3rd to get the runner out

## Just Throw Drill

*Equipment: catcher's gear, ball, stool/bucket, batting net*

1. Have the catcher sit on the bucket, ready to receive the ball
2. Toss the ball to the catcher, who must quickly get into their ready position
3. Throw the ball into the net

Goal: quick transfer from receiving the ball and making the throw

Watch for:

- Good throwing technique
- Quick transfer from receiving position to throwing position

Variations:

- Only have the catcher throw when you say the runner is stealing

## Pop-Up Drill

*Equipment: catcher's gear, ball*

1. Have the catcher in their squat, ready to receive the ball
2. Toss the ball to the catcher
3. Have the catcher pop up into their throwing position and hold

Goal: quick transfer of positions

Watch for:

- Quick transfer of positions

Variations:

- Throw some of the balls in the ground (bad pitches) to have the catcher practice blocking and hopping up as well

## Throw From the Knees Drill

*Equipment: catcher's gear, ball, cone for second base*

1. Have catcher block a bad pitch
2. Throw down to 1st/2nd/3rd from the knees

Goal: work on power in the throw and pressure in tight situations

Watch for:

- Proper throwing technique
- Good blocking
- Accuracy