

Catcher Primary Skills

Submitted by Jordan Draeger

In this drill catchers stand square to their coach in "secondary" position (this is a stance in which the catcher is poised with his elbows over knee's, and knees over toes). They then move quickly into throwing using a t-drill type of movement, then directly back to their secondary stance as fast a possible.

As soon as the catcher lands back in his secondary position the coach delivers a pitch either in the air or down into the dirt.

The catcher then either receives the ball and adjusts quickly into throwing position again just as they had previously. Or, if the ball is in the dirt the drop down into blocking position with the chest angled forward, chin tucked in close to the chest, knee's wide and feet together. You can perform this drill in sets of 3, 5 or 10 to keep your catchers dynamic and constantly moving.

I have implemented this drill in my daily training with Catchers and we enjoy it very much.