

ABCA Catcher's Drill

These two drills will work on the catchers flexibility, balance, mobility, hand-eye, and pitch recognition and tracking.

1. Start drill off with coach/player 15-30 feet away from catcher, and the catcher facing away from the coach.



Coach yells "GO" and throws pitch at catcher. On hearing "GO" the catcher hops from stance facing away to facing coach, finds ball and catches in stance using proper receiving technique.



Catcher should receive ball and remain balanced in proper position. If catcher is not balanced he will stumble backwards during catch. Repeat to build and enhance abilities mentioned above.

2. Start drill off with a coach and two players in a line about 15-30 feet away from catcher with 2 balls each. Drill starts with the catcher lined up with first player. First player throws a pitch at catcher. Catcher receives then hops sideways to line up with second thrower.



Make sure catcher maintains balance and receiving position when landing.



When Catcher completes left movement have him reverse hops to the right.