

12/15/24 Catchers Practice (2:00-3:30, The Shop)

2:00-2:10 Intros-Catcher philosophy, QB, only position to see the entire field (Pants, equipment overview, cup, etc.)

- Calling a game, making sure you're leading your pitchers

2:10-2:20 Dynamic Warmup

2:20-2:45 Stance Intro

- Sign stance: knees pointed towards the infield, narrow and tall
 - Cover location signing as well
 - Setup on the location
- Primary stance: Relaxed, knee down, nobody on base, low, legs slightly wider than shoulders, toes out, weight on inside part of feet, heels
- Secondary stance: runners on or 2 strikes, angled slightly to throw, taller, wide feet
- Throwing hand:
 - Thumb tucked, behind knee
- Setup on plate
 - Target centered on body, black of the plate lined up with middle of chest for inside/outside pitches
 - Just outside of batters swing
- Elbow just above knee
- DRILLS
 - Work between stances, reps

2:45-3:15 Receiving

- Glove working down to up in the zone, or outside in if necessary
- Touch glove on the ground almost
- Pause glove as ball is secured
- Thumb underneath (partner strength drill)
- Work fast through the ball without reaching
- Work ball back into zone
- DRILLS
 - Partners, tennis balls/soft balls
 - Partners, on knees or knee, working down to up-start with glove on the ground, partner tosses ball
 - 5 yards apart, firm toss, working down to up in the zone, barehand
 - Progress to further distance w/hardballs

3:15-3:30 Blocking Intro

- Middle of body
 - Lead with glove
 - Flat back, tuck chin, glove with throwing hand protecting the gap
 - Chest towards the plate
 - Lead with hands/glove
- Lateral
 - Lead with glove, push/pull, drive opposite knee
 - Get around ball-direct ball back towards home plate

1/12/25 Catchers Practice (2:00-3:30, The Shop)

2:00-2:10 Dynamic Warmups

2:10-2:15 Stance Review

2:15-2:20 Blocking Technique Review (Chests/Shins/Masks)

- Center of body, lead with glove
- Wide base

2:20-3:00 Blocking Drills

- Dry-fire (hands up, hips up-drop hands, shift hips back)
- Partner, hands behind back, soft balls
- Blocking lines (as many lines as we have coaches)
 - Starting on knees glove down, coaches standing next to player-bounce ball to chests
 - Transition to stance
- Lateral Blocking Demo
 - Drive opposite knee, drop ball side knee, kick foot over
 - Hips and shoulders square
 - 3 ball drill, 4-6 lines

3:00-3:15 Transfer Technique Review (transfer at midline)

- Drill: Glove turn only
- Drill: Glove turn with grab of baseball
- Drill: Partners, from stance, soft toss transfers

3:15-3:30 Lateral Transfers-technique overview

- Move body to ball
- Feet replace line of the pitch
- Momentum to the throw

1/26/25 Catchers Practice (2:00-3:30, The Shop)

*Everyone should start with shins on, chests/masks/gloves together

2:00-2:10 Warmups

2:10-2:15 Stance Review

- Primary check
- Secondary check

2:15-2:25 Receiving

- Partners, working down to up from stance
- Soft balls, bare hands first
- 5 mins in, add glove and hardball

2:25-3:05 Stations (10 mins each)

- Station 1: Receiving-Setup lines, working on a little more velocity from coaches throws (multiple lines if enough coaches)
- Station 2: Straight Blocking-Turn and block drill (lines, player has back turned, coach indicates 'Turn', player turns and blocks center of body
 - Technique: Lead with glove, wide body
- Station 3: Lateral blocking-3 ball drill
 - Drive opposite knee, recover each time
- Station 4: Transfers-Coach tossing baseball, working on getting into throwing position
 - Technique: Secondary stance, transfer at midline, feet follow path of baseball, replace feet
 - Add in: 1st/3rd throws, working around batter (partner)

3:05-3:15 Passed Balls

- Place baseball against the nets
- Drill: Working on recovering, hustling back to the baseball, sliding w/popup to recover

3:15-3:30 Pop-up technique review

- Back to field of play
- 2 hands
- Mask-don't toss until you know where the ball is going to end up
- Drill: 4 lines, coach yells "up", then throws ball straight up