

1 Hour Catching Workout

TOTAL: 60 MINUTES

Warm Up

- **15 MINUTES**
Interval Throwing

Receiving Skills

- **5 MINUTES**
Tennis Ball Soft Hands

- **5 MINUTES**
Sway

- **5 MINUTES**
Nose Behind Ball

- **5 MINUTES**
Stick the Pitch

- **5 MINUTES**
Tic Tac Toe

Blocking Skills

- **5 MINUTES**
No Glove Block

- **5 MINUTES**
Bite the Ball

- **5 MINUTES**
Block and Recover

- **5 MINUTES**
Block, Recover, Throw