



# All Together Receiving

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**Skill Set:** Catching

**Difficulty Level:** Medium

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 10 minutes

**Equipment Required:** Catcher's gear and gloves, baseballs (at least 2)

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**Goal: Tie all catching techniques of swaying, keeping body and nose behind ball together**

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## Description of the Drill:

- Catcher in full gear in catching position (home plate optional)
- Coach/partner with baseballs 60 feet in front of the catcher
- Coach/partner throws the ball to the catcher varying pitches and locations
- Catcher focuses on soft hands, swaying, staying behind the ball and catching the ball in front of their nose.
- If the pitch is a strike, they should hold their glove in the location they caught the ball for a second before throwing it back. If the pitch is a ball, they should immediately throw the ball back.
- Catcher throws each ball back to the coach/partner and gets reset

## Add Difficulty:

- To add a degree of difficulty, the coach or partner can vary pitches, challenging the catcher.
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## Layout of Drill (home plate is optional):

