



Bite the Ball

Skill Set: Catching

Difficulty Level: Easy

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

Average Time to Complete: 5 minutes

Equipment Required: Catcher's gear and gloves, tennis balls (at least 5)

Goal: Keep the chest over the ball and make sure to keep the chin down on the chest

Description of the Drill:

- Catcher in full gear in catching position (home plate optional)
- Coach/partner with tennis balls 10 feet in front of the catcher
- Coach/partner tells the catcher to drop and block, then bounces a tennis ball into the catcher
- Catcher keeps their chest over the ball and their glove covering the gap between their knees, trying to block the ball making sure to keep their chin down on their chest
- Catcher places each ball off to the side and gets back in catching position to block the next pitch

Add Difficulty:

- To add a degree of difficulty, the coach or partner can move further back to 20 feet and throw the tennis ball harder

Layout of Drill (home plate is optional):

