Block, Recover, Throw

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: 5 minutes

Equipment Required: Catcher's gear, tennis balls (at least 5), baseballs (at least 4)

Goal: Block the tennis ball, keeping it in front, and quickly pick up a baseball and throw

Description of the Drill:

- Catcher in full gear in catching position (home plate optional), with 4 baseballs spread out in front of them
- Coach/partner with tennis balls 40 feet in front of the catcher
- Coach/partner throws tennis balls into the dirt so that they bounce into the catcher on one hop
- Catcher drops and blocks the tennis ball and picks up a baseball, and throws the baseball to a base or partner, working on getting to the ball, into the throwing position, and rid of the ball quickly
- Catcher places each baseball back in their spot in front of them and gets back in catching position to block the next tennis ball

Add Difficulty:

- To add a degree of difficulty, the coach or partner can throw the tennis ball harder

Layout of Drill (home plate is optional):