



# No Glove Block

**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)

**Goal: Keep chest over the ball and chin down, and block the ball so that it stays in front**

## Description of the Drill:

- Catcher in full gear, no glove, in catching position (home plate optional)
- Coach/partner with tennis balls 20 feet in front of the catcher
- Coach/partner throws the ball into the dirt so that it bounces into the catcher on one hop
- Catcher drops and blocks with their thumbs tucked in their hands, keeping their chest over the ball, their chin down on their chest, and trying to keep the ball in front of them
- 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 throw the tennis ball harder

## Layout of Drill (home plate is optional):

