



Nose Behind Ball

Skill Set: Catching

Difficulty Level: Medium

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

Average Time to Complete: 5 minutes

Equipment Required: Catcher's gear, bucket of baseballs (at least 10)

Goal: Keep nose behind the ball and track the ball all the way to the glove

Description of the Drill:

- Catcher in full gear in catching position (home plate optional)
- Coach/partner with bucket of baseballs 20 feet in front of the catcher
- Coach/partner throws the catcher the baseballs one at a time varying locations
- Catcher catches each ball in front of their nose, moving down or up to get behind the pitch
- Catcher should shift their weight to be behind the ball
- Catcher places each tennis ball off to the side and gets ready to receive the next throw

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):

