



## Stick the Pitch

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**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, baseballs (at least 2)

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**Goal: Hold strikes where they are caught for a second, immediately throw balls back**

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### Description of the Drill:

- Catcher in full gear in catching position (home plate optional)
- Coach/partner with baseballs 30 feet in front of the catcher
- Coach/partner throws the ball to the catcher varying pitches and locations
- If the pitch is a strike, the catcher holds the glove position they caught the ball in for a second and then throws the ball back, if the pitch is a ball, the catcher immediately throws 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):

