

Sway

Skill Set: Catching

Difficulty Level: Easy

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 tennis balls (at least 10)

Goal: Keep body behind the ball and sway from side to side to catch the ball

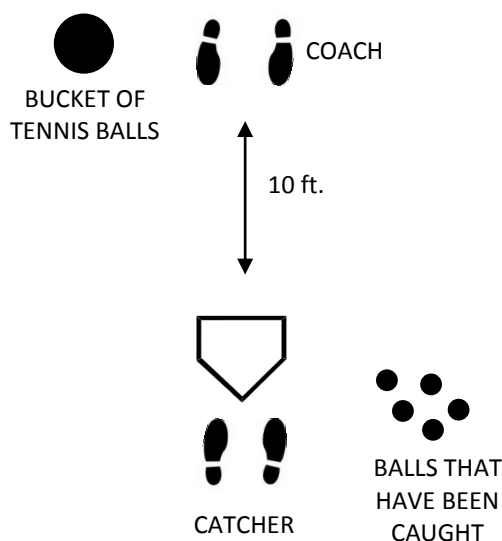
Description of the Drill:

- Catcher in full gear in catching position (home plate optional), no glove
- Coach/partner with bucket of tennis balls 10 feet in front of the catcher
- Coach/partner tosses the catcher the tennis balls one at a time altering inside and outside tosses
- Catcher catches each with one hand (receiving hand), keeping the other hand behind their back
- As catcher goes to receive the ball, they should shift their weight to the left or right depending where the ball is, keeping their body 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 throw the ball quicker and further to either side of the catcher.

Layout of Drill (home plate is optional):



Placement of Tosses to the Catcher:

