



# Tennis Ball Block

**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, tennis balls (at least 5)

**Goal: Keep chest over the ball and become a big pillow for the ball to hit**

## Description of the Drill:

- Catcher in full gear in blocking position on their knees (home plate optional)
- Coach/partner with tennis balls 5 feet in front of the catcher
- Coach/partner throws the tennis ball into the dirt right in front of the catcher
- Catcher keeps their chest over the ball, chin down, and their glove covering the gap between their knees, trying to block the ball by becoming a big pillow
- Catcher places each ball off to the side and gets back in the blocking position to block the next pitch

## Add Difficulty:

- To add a degree of difficulty, the coach or partner can vary pitches and locations of the bounce, challenging the catcher.

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

