

Tennis Ball Soft Hands

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: Catch the ball with a "soft" hand, letting the ball travel instead of reaching for it

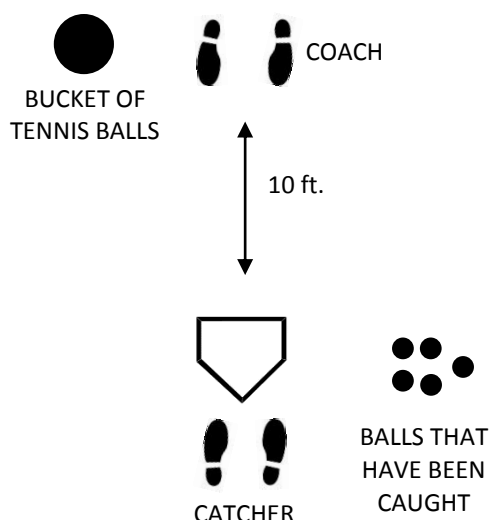
Description of the Drill:

- 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
- Catcher catches each with one hand (receiving hand), keeping the other hand behind their back
- 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 catcher can hold one tennis ball deep in their receiving hand with their pinky and ring fingers (as shown below)
- The thumb, index and middle fingers should be left free to catch another ball with
- The catcher should keep one tennis ball deep in their hand while catching another tennis ball with the same hand, their throwing hand should still be behind their back
- This helps catcher keep their hand soft while receiving, letting the ball travel to them instead of reaching out for it

Layout of Drill (home plate is optional):



Add Difficulty:

Catcher holds a tennis ball with their pinky and ring fingers while catching another tennis ball with their thumb, index, and middle fingers

