



Tic Tac Toe

Skill Set: Catching

Difficulty Level: Medium

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

Average Time to Complete: 5 minutes

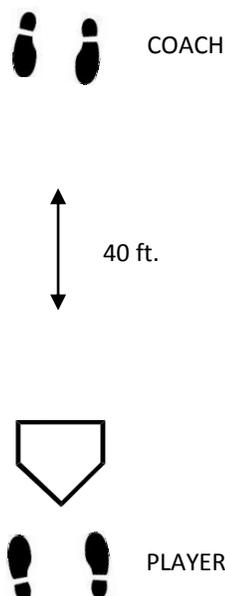
Equipment Required: Catcher's gear, gloves, baseballs (at least 2)

Goal: Frame each pitch so that it looks closer to the number target square

Description of the Drill:

- Catcher in full gear in catching position (home plate optional)
- Coach/partner 40 feet in front of the catcher with baseballs
- Catcher imagines a tic-tac-toe grid in front of them, with the squares numbers 1-9
- Coach calls out a number of a square and throws the ball to that square
- Catcher should keep their throwing hand near their glove so that they can get the ball out of their glove quickly
- If the throw misses the square, catcher should frame the pitch to make it look closer to the square
- Partners switch after each square has been hit (minimum of 9 repetitions)

Layout of Drill:



Tic-Tac-Toe Number Squares:

1	4	7	CHEST LEVEL
2	5	8	WAIST LEVEL
3	6	9	KNEE LEVEL