

Oregon State Baseball Program
(Individual Catching Drills)

I. Throwing Drills

- _____ A. two-knee drill 45 degree (emphasize finishing the throw)
- _____ B. square drill – separation and getting elbow to shorten throw
- _____ C. line drill - posture
- _____ D. jump shift (right foot starts before ball is caught)/right leg throws
- _____ E. Stealing 2nd base/3rd base (foot work – all locations)
- _____ F. simulate 1st & 3rd (give signal from 3b--throw to 2b or 3b or fake 2nd-throw to 3rd)
- _____ G. force play at home--throw to 1b/force play at home fake to 1st throw to third
- _____ H. failed bunt, throw to 1st base/failed bunt, throw to 2nd base
- _____ I. snap throws to 1st & 3rd/jump pivot to 1st & 3rd (work delay & throw)
- _____ J. pitchout: modified & regular

II. Stance Positions

- _____ A. signal stance--give signs/nobody on base
- _____ B. signal stance--give signs/runner on 2b
- _____ C. transition to receiving stance (same every pitch)
- _____ D. fake inside – outside (slide)
- _____ E. nobody on stance--receiving position
- _____ F. runners on base stance--receiving position

III. Receiving Drills: (2-man no ball mirror drills)

- _____ A. tennis balls-no glove/soft golf balls-no glove
- _____ B. tennis balls-with glove/soft balls- with glove (wall ball – tennis balls)
- _____ C. distraction drill (two bats – person throwing from 10-15 feet)
- _____ D. baseballs (throw or machine) (two-machine – angle drill) (machine walk-ups)
- _____ E. live or machine: low ball five fingers up/low ball side-to-side reaction (quick step)
- _____ F. machine (I-beam balance drill)
- _____ G. intentional base-on-balls

IV. Blocking Drills: (2-man three-ball mirror drills)

- _____ A. no ball drill (stick pointing to different locations)
- _____ B. pre-set blocking
- _____ C. predetermined: straight, left, right to reaction to all locations
- _____ D. baseballs live or machine (block and throw to 1b--simulates strike three)
- _____ E. baseballs live or machine (block and throw 2b-simulates runner on 1b)
- _____ F. "game": half circle in front of home plate/keep blocked balls between home plate and circle--emphasis on hooding

V. Fielding Drills: feet underneath-posture/stay in legs when throwing/quickness

- _____ A. pick or scoop drill--go down both base lines (picking up a bunt)
- _____ B. bunt simulation--coach throwing out bunts: 1b_____ 2b_____ 3b_____
- _____ C. rundowns & throwing on the run
- _____ D. fungo or machine pop flies
- _____ E. backing up 1b/covering 3B
- _____ F. tag play at home--coach throws (proper positioning-in your legs)
- _____ G. tag play at home--hit fungo from the outer infield edge

VI 4-Catcher Square Drills: 30-seconds each – 6 minutes

Z Catch: quick hand catch

Stealing throw to 2nd base

Stealing throw to 3rd base

Bunt – throw to 1st base

Bunt – throw to 2nd base

Bunt – throw to 3rd base

Force at home, throw to 1st base

Force at home, fake throw to 1st base – throw to 2nd base

Snap throws to 1st base

Jump Pivot – throw to 1st base

Snap throws to 2nd base

Jump Pivot – throw to 3rd base

VII Core Drills

Throwing & Exchange Drills

Step—

Pivot & Exchange Balls to your left (3 2B/2 3B)

Pivot & Exchange down the middle (3 2B/2 3B)

Pivot & Exchange Balls to your right (3 2B/3 3B)

Pivot & Exchange Mix to 1B (5)

45 degree ball exchange (two angle live or machines)

Square ball exchange & 2-ball exchange

Blocking Drills

Pre-Set

Two Knee Target Position: get the glove down

Three Ball – Mirror Drill

No Hands Blocking

Blocking (2 left; 2 right; 2 at you)

Blocking (reaction to location)

Receiving Drills (5 each area)

Low Ball: thumb under

Ball on Left Knee: roll the thumb

Ball on Right Knee: stop the ball

High Ball: catch deeper

Receiving: all locations – every 5th ball in dirt

Walk Ups