

OREGON STATE CATCHING DRILLS

THROWING

- 1. Quick transfer drill-** from the side, coach flips balls at catcher's chest area to isolate the transfer quickness. The catcher should bring mitt and ball straight to the transfer area and get rid of the ball quickly.
- 2. Transfer drill standing-** Off the JUGS machine, the catcher will be standing up and work on keeping his transfer short. The balls will be shot out at him and he will catch and rotate his upper body to the throwing position leaving his feet in the ground.
- 3. Footwork/throw drill-** In the cage, the coach will face the catcher and flip balls to him in his block/throw stance and the catcher will go through with his normal footwork and throwing the ball over the coach into the net.
- 4. Footwork drill-** Off the JUGS machine, the catcher will start in his block/throw stance and proceed to go through his footwork upon receiving the pitch. This can be done with any pitch.
- 5. Quick footwork drill-** With the catcher starting out in his block/throw stance. The coach will flip 6 balls in succession and the catcher will go through his footwork with each ball. Upon catching the 1st ball, the catcher will proceed with his footwork then go back to his original stance. The catcher will do this until all 6 balls are gone. This is a fast and quick drill.

RECEIVING

- 1. Barehanded drill-** with coach underhanding real balls on 1 knee, 7-10 feet away
10-15 @ Left knee - from straight on
10-15 @ Right knee - from straight on
10-15 @ Left-Right knee – alternating between each knee
- 2. Walkup drill-** start at 60 feet with the JUGS and catch 5 balls then proceed to move up every few pitches until it's a challenge at about 45 feet, catch 5 at 45 feet then hustle back to the original distance (60 feet) and then catch 5. The first 5 @ 60 feet at the beginning of the walk up drill will seem much harder than the last 5 @ 60' feet even though they are the same velocity. The closer you get to the machine the higher the pitches will be. (The machine should be set at about 6 on top and 9 on the bottom)
- 3. Angled Receiving** (off the JUGS machine) 15-20 balls in a set- with the catcher facing the 3rd base bag, fastballs will be shot at his Left knee, emphasizing Left elbow down and thumb up. As he gets comfortable receiving, he will slowly rotate to his right until he receives pitches from straight on. Then facing the 1st base bag, fastballs are shot at his Right knee. Once again, as he gets comfortable receiving properly, he will slowly rotate to his left until he receives from straight on.
- 4. Receiving-** off the JUGS machine from 50-55 feet away using real baseballs
Pitches to work on:
FB @ Left knee CB (12-6) @ Left knee RHSL @ Left knee LHSL @ Left knee
FB @ Right knee CB (12-6) @ Right knee RHSL @ Right knee LHSL @ Right knee

BLOCKING

- 1. Dry blocks-** position 3 balls out front of the catcher (Left, Right, and straight in front). The purpose of the drill is to emphasize proper positioning and technique.
- 2. Blocking-**(Fastballs, Curveballs, Sliders) with pads on- alternate players if in a group 8-10 balls per position

Finished position = knees on the ground and body/arms in position ready to block

Halfway = mitt on the ground, then proceed to go to knees as pitch arrives

Full/Game = from the block/throw stance, treat this as a game block

(ALL WITH JUGS MACHINE)

- 3. Rapid fire** (5-6) – balls come in succession, coming one after another with the next ball coming as soon as the catcher returns to the neutral position (hands and knees off the ground in his block/throw stance)

INDIVIDUAL DEFENSE IDEAS

- 1. Bunt Plays-** Coach will roll bunts out in front of the plate starting with first base side. The catchers will round the ball with their feet already in position to throw to 1st base, picking the bunt up with a 2 handed scoop (not bare handed). Each catcher will follow his throw to 1st base, and then become the 1st baseman. After catching the throw at 1st base, the catcher will proceed to go to the plate to keep the line moving.
- 2. Tag Plays** – with the machine (hummer) set on the foul line either behind 3rd and 1st base depending on what field. You can use a throw down plate to give the guys a reference point. The balls will be shot at them to simulate throws from the OF from about 150' feet. In between or short hops are preferred. The guys will start facing the hummer to simulate throws from LF, and then rotate to their left a step to simulate balls from CF, and then rotate to their left to get the throws from the RF corner. The guys will rotate through the line as they have a successful tag play.
- 3. Pop ups** – start with JUGS machine have the guys line up and rotate through after catching a pop up. Proceed to 8,9,10 as the guys have success. For fun at the end, have guys catch 2 pop ups in a row, with the 2nd ball shot up when the 1st ball reaches its peak.