



Relaxed Receiving

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, baseballs, tennis balls (at least 5), stool or bucket (optional)

Goal: Catch as softly and quietly as possible, staying behind the ball with the hand

Description of the Drill:

- Catcher in full gear, no glove, in catching position (home plate optional)
 - Coach/partner with tennis balls 10 feet in front of the catcher
 - Catcher makes subtle, pre-pitch movement to loosen the glove hand
 - Coach/partner throws the ball softly down the middle of the plate
 - Catcher focuses on catching the ball softly and quietly, staying behind the ball with the hand
 - Repeat sequence with the catcher's glove on and the coach/partner throwing hard baseballs from closer to mound's distance
 - Catcher may also sit on a stool or bucket to take the stance out of play and allow focus to be placed on what the hand is doing to catch the ball
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Layout of Drill (home plate is optional):

