

Catchers' Daily Fundamental Drills

1. Stances, signs (stay low/conceal signs), and Framing
 - Right knee forward; mitt hangs from left knee; knocking knuckles on cup
 - Frame close pitches
2. Blocking
 - Stay square to ball; body in "C" shape; chin down; exhale on impact
 - Coach directs
 - Partner mirror drill
 - (5 straight, 5 left, 5 right, switch, 10 anywhere)
3. Throwing out runners footwork to all bases
 - Ball to ear/Elbow to backstop; explode to the base – start low; quick feet
4. Fielding bunts (banana route- "dust pan and broom")
5. Fielding pop-ups (know your area –don't go in fair territory)
 - Find the ball; throw the mask; catch above your shoulders
6. Home-to-first, double-play footwork (bases loaded)
7. Tags at plate (protect yourself and the ball)
 - Left toe points to third base; use your shin guards; both hands on the ball
8. Eye blinking control (ball to mask)
9. Slide to wild pitch, gather, and throw to plate (good pre-game drill)
10. Back up first base on grounders with no threat of runner coming home.

