

Catching Drills

Good catching fundamentals are essential for every player on the field. These drills help players improve hand-eye coordination, develop soft hands, and build confidence catching the baseball. Coaches should emphasize using two hands, watching the ball into the glove, and staying balanced when making a catch.

Square Drill (Soft Hands)

Purpose:

Improves hand-eye coordination and teaches players to catch the ball softly without stabbing at it.

Instructions:

1. Place four cones in a square about 3–5 feet apart.
2. The player stands in the center of the square in a ready position.
3. The coach tosses balls to different sides of the square.
4. The player moves their glove to catch each ball while keeping their body mostly centered.
5. Repeat several times from different angles.

Coaching Points:

- Keep the glove relaxed with **soft hands**.
- Catch the ball **out in front of the body**.
- Use the throwing hand to secure the ball.
- Avoid stabbing at the ball.

Partner Catch Drill

Purpose:

Develops basic catching fundamentals and improves accuracy when playing catch.

Instructions:

1. Players pair up about 10–20 feet apart.

2. Players throw the ball back and forth to each other.
3. Each player focuses on catching the ball cleanly before throwing it back.
4. Increase distance as players improve.

Coaching Points:

- Always catch the ball with **two hands** when possible.
- Keep eyes on the ball until it reaches the glove.
- Move feet to get in front of the ball.
- Catch the ball **out in front of the body**.

High Ball / Low Ball Drill

Purpose:

Helps players learn how to adjust their glove position to catch balls at different heights.

Instructions:

1. Players line up facing the coach.
2. The coach throws balls at different heights — high, chest level, and low.
3. Players adjust their glove position to catch each ball.
4. After catching the ball, players return it to the coach and rotate.

Coaching Points:

- Raise the glove for high balls.
- Lower the glove for low balls.
- Keep the glove open toward the ball.
- Stay balanced when catching.

Reaction Catch Drill

Purpose:

Improves reaction time and focus when catching the ball.

Instructions:

1. Players stand about 10–15 feet from the coach.
2. The coach quickly tosses balls to either side of the player.

3. The player reacts and moves to catch the ball.
4. Continue for several repetitions.

Coaching Points:

- Stay in an **athletic ready position**.
- React quickly to the ball.
- Move feet to get behind the ball.
- Focus on catching the ball cleanly.

Tennis Ball Catch Drill

Purpose:

Improves hand-eye coordination and builds confidence catching smaller, faster objects.

Instructions:

1. Players partner up or work with a coach.
2. Use tennis balls instead of baseballs.
3. Toss the ball back and forth using normal catching mechanics.
4. Increase speed or distance as players improve.

Coaching Points:

- Watch the ball all the way into the glove.
- Use two hands when possible.
- Stay relaxed and focused.
- Emphasize quick reactions.

Catching Games

These games help players improve catching skills while keeping practice fun and engaging. They build hand-eye coordination, confidence, and focus while reinforcing proper catching fundamentals.

Catching Competition

Purpose:

Encourages players to focus on catching the ball cleanly while building confidence and concentration.

Instructions:

1. Players pair up and stand about 10–15 feet apart.
2. Each pair begins throwing and catching the ball.
3. Every successful catch counts as one point.
4. If a player drops the ball, the pair starts back at zero.
5. The goal is to see which pair can reach the highest number of consecutive catches.

Coaching Points:

- Emphasize catching with **two hands whenever possible**.
- Keep eyes on the ball all the way into the glove.
- Make accurate throws to help teammates succeed.
- Encourage communication between partners.

Rapid Fire Catch

Purpose:

Improves reaction time and quick hands when catching.

Instructions:

1. One player stands about 8–10 feet from the coach.
2. The coach quickly tosses several balls one after another.
3. The player catches each ball and tosses it back immediately.
4. Continue for 5–10 throws before switching players.

Coaching Points:

- Stay in a **ready athletic position**.
- Keep the glove up and ready.
- Focus on quick reactions and soft hands
- Catch the ball in front of the body.

Circle Catch Game

Purpose:

Develops catching skills while encouraging communication and teamwork.

Instructions:

1. Players form a circle with one player standing in the middle.
Players on the outside toss the ball to the player in the center.
2. The player in the center catches the ball and throws it to another player in the circle.
3. After several catches, rotate a new player into the center.

Coaching Points:

- Call the player's name before throwing.
- Catch the ball cleanly before making the next throw.
- Keep throws accurate and controlled.
- Stay ready and alert.

[Footwork, Receiving Ball, Picking Balls in Dirt \(Winning Baseball\) \(6 mins\)](#)

Mechanics: [Youth Baseball Catching Drills \[Learn To Catch Properly\]](#) (T-ball, MP)

Soft hands toss (Minors, Majors)