

Catching Drills & Skills

Primary Receiving Stance

Purpose:

Teaches catchers the proper receiving position when there are no runners on base and less than two strikes, allowing them to present a strong target and comfortably receive pitches.

Instructions:

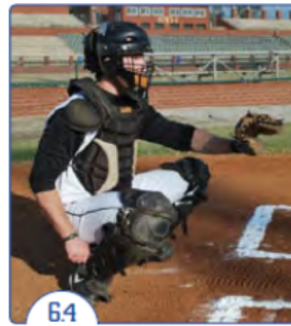
1. The catcher assumes a crouched stance behind home plate.
2. Knees are bent with feet slightly wider than shoulder width.
3. Toes point slightly outward with weight on the inside of the feet.
4. The catcher lowers the buttocks below knee level while maintaining balance.
5. The glove-side elbow extends slightly beyond the knees to present a target.
6. The glove is angled about 45 degrees toward the pitcher.
7. The catcher hides the throwing hand safely behind the right ankle.

Coaching Points:

- Maintain a relaxed upper body and soft hands when receiving the pitch.
- Catch the ball in front of the body, not deep in the chest.
- Present a clear and steady target for the pitcher.
- Always protect the throwing hand from foul tips or wild pitches.



6.3
This catcher has assumed a primary receiving stance.



6.4
A side view of the catcher's primary receiving stance.



6.5
A catcher should protect his throwing hand by hiding it behind his right ankle.

Secondary Receiving Stance

Purpose:

Provides the catcher with greater mobility and quicker reaction time when blocking pitches, throwing out runners, or making pick-off plays.

Instructions:

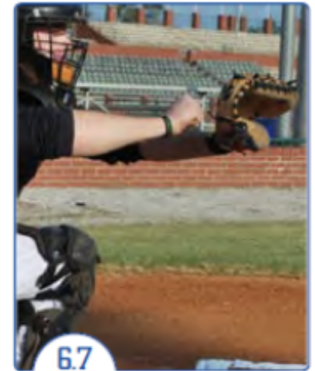
1. The catcher assumes a crouched position behind the plate.
2. The feet are slightly staggered with the **right foot slightly behind the left.**
3. The toes of the right foot line up with the **instep of the left foot.**
4. Feet are spread wider than shoulder width.
5. Weight is slightly forward but the heels remain on the ground.
6. The catcher raises the hips slightly so the **thighs are nearly parallel to the ground.**
7. The catcher makes a fist with the throwing hand and places it safely **behind the glove.**

Coaching Points:

- Keep the upper body **tall and balanced.**
- Stay relaxed but ready to react.
- Maintain a position that allows a **quick transition to throw.**
- Protect the throwing hand at all times.



Catchers should use their secondary receiving stance if base runners are allowed to steal bases and if there are runners on base.



In a secondary stance, a catcher should protect his throwing hand by placing it behind his mitt. He is now in a better position to block balls in the dirt or throw to bases to cut down would-be base stealers.

Tennis Ball Receiving Drill

Video: [Catcher Drills \(Winning Baseball\) – 9 min](#)

Purpose:

Improves receiving mechanics and builds confidence catching pitches behind the plate.

Instructions:

1. The catcher assumes a receiving stance behind home plate.
2. A coach throws tennis balls toward the catcher.
3. The catcher focuses on receiving the ball cleanly with proper glove positioning.
4. Repeat the drill multiple times to build comfort and control.

Coaching Points:

- Focus on **soft hands and clean glove presentation**.
- Receive the ball **out in front of the body**.
- Maintain proper stance and balance throughout the drill.

Receiving Variations Drill

Purpose:

Develops a catcher's ability to improve receiving skills in a variety of practice situations.

Instructions:

1. Catchers work on receiving while pitchers throw bullpen sessions.
2. Catchers also practice receiving during normal catch play.
3. Focus on receiving different types of throws and pitches.

Coaching Points:

- Use every opportunity to practice receiving.
- Focus on controlling and "sticking" the pitch.
- Maintain proper stance and glove presentation.

Block and Recover Drill

Purpose:

Improves a catcher's ability to block pitches in the dirt and quickly recover the ball to prevent runners from advancing.

Instructions:

1. The catcher starts in the secondary receiving stance.
2. The coach throws or bounces balls in front of the catcher.

3. The catcher drops to block the ball with the body.
4. After blocking the ball, the catcher quickly recovers and retrieves it.

Coaching Points:

- Keep the ball **in front of the body**.
- React quickly to retrieve the ball.
- Maintain control to prevent extra bases.

Blocking Variety Drill

Purpose:

Improves a catcher's ability to block pitches thrown to either side of the body.

Instructions:

1. The catcher begins in the secondary receiving stance.
2. The coach throws balls that bounce to the catcher's left or right.
3. The catcher moves to block the ball using proper technique.
4. Repeat with balls thrown to different sides.

Coaching Points:

- React quickly to pitches off to the side.
- Use the body to keep the ball in front.
- Maintain proper blocking posture.

Passed Ball Recovery Drill

Purpose:

Teaches catchers how to quickly retrieve passed balls or wild pitches and make a play at home plate.

Instructions:

1. The coach throws or rolls a ball past the catcher.
2. The catcher quickly turns to locate the ball.
3. The catcher retrieves the ball and throws to the pitcher covering home plate.
4. Repeat the drill several times from different angles.

Coaching Points:

- React quickly to locate the ball.
- Use efficient footwork when retrieving it.
- Make an accurate throw to home plate.

Catcher Transition Drill

Purpose:

Improves a catcher's ability to quickly transfer the ball from glove to throwing hand and prepare to throw to a base.

Instructions:

Phase 1

1. The catcher receives the pitch.
2. Quickly transfers the ball from the glove to the throwing hand.
3. Moves the upper body into a strong throwing position.

Phase 2

1. After receiving the pitch, the catcher transitions the ball toward the **right ear**.
2. The upper body rotates toward second base.
3. The catcher releases the throw to second base.

Coaching Points:

- Emphasize quick and efficient glove-to-hand transfer.
- Maintain strong throwing mechanics.
- Focus on quick release and accuracy.

Pop-Up Drill

Purpose:

Improves the catcher's ability to track and catch pop-ups around home plate.

Instructions:

1. The coach hits or tosses pop-ups near home plate.

2. The catcher locates the ball and removes the mask if necessary.
3. The catcher positions under the ball and makes the catch.

Coaching Points:

- Quickly locate the ball off the bat.
- Communicate clearly with nearby fielders.
- Maintain balance when making the catch.

Center Block Drill

Video: [Catcher Play Blocking \(Winning Baseball\) – 4 min](#)

Purpose:

Teaches catchers to block pitches thrown directly in front of them.

Instructions:

1. The catcher starts in the secondary receiving stance.
2. When the ball is thrown in the dirt, the catcher drops to both knees.
3. The catcher tucks the chin into the chest protector.
4. The glove fills the **5-hole** between the legs.
5. The throwing hand stays safely behind the glove.

Coaching Points:

- Follow the glove down to the ground.
- Keep the body in front of the ball.
- Allow the chest protector to absorb the impact.
- Quickly recover after blocking the ball.



This catcher is in his secondary stance, ready to receive a pitch down the center of the plate.



This catcher recognizes the pitch is thrown in the dirt, and he has prepared his body to effectively block it.

Side Block Drill (Left and Right)

Purpose:

Teaches catchers how to block pitches that bounce to either side of their body.

Instructions:

1. The catcher starts in the secondary receiving stance.
2. When the ball is thrown to one side, the catcher drops the **knee closest to the ball**.
3. The opposite foot pushes the body toward the ball.
4. The catcher rotates the body in front of the ball to block it.



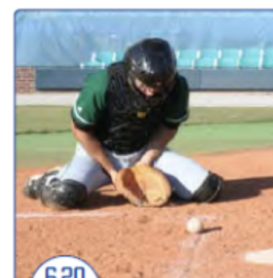
This catcher recognizes that the pitch is thrown in the dirt inside to a right-handed batter, and he drives his left knee on a diagonal to start the blocking process.



The catcher is in good blocking position, ready to receive the ball with his body.



This catcher recognizes that the pitch is thrown in the dirt outside to a right-handed batter, and he drives his right knee on a diagonal to start blocking.



The catcher is in good blocking position, ready to receive an outside throw with his body.

Coaching Points:

- Move quickly to get the body in front of the ball.
- Lean forward and tuck the chin into the chest protector.
- Use the shoulders and chest to absorb the impact.
- Keep the ball in front to prevent runners from advancing.

Video Library

Drill: [4 BLOCKING DRILLS that will teach any catcher How To Block THE RIGHT WAY!](#)

Drill: [Instructional Video - Season 5 - Catcher Rapid Fire](#)

Drill: [Scott Stricklin: Drills & Techniques to Develop an All-Star Catcher](#)

Mechanic: [How To Improve Pop Time Quickly! \(Baseball Catching Tips & Tricks to Drop Your Pop!\) ft. Leo Rojas](#)

Mechanic: [One Knee Down Catcher Stance \(The New Standard of Catching!\)](#)

Mechanic: [One Knee Down Catching Technique! \(AND The Fruit Ninja Catching Drill\) ft. Pro Catcher Leo Rojas!](#)

