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<p style="text-align: center;"><u>CATCHING SKILLS</u></p> <p><u>1. STANCE / SET UP</u> A. Signal Giving B. Primary—nobody on base C. Secondary—runner on or 2 strikes</p> <p><u>2. FRAMING & RECEIVING</u> A. Top and Bottom of zone B. Glove side and Throwing side</p> <p><u>3. BLOCKING</u> A. Knees squared up to ball B. Chin to chest C. Shoulders over knees D Glove and Bare hand cover 5 hole E. Body is like a big soft pillow</p> <p><u>4. THROWING</u> A. Play with 2 hands B. Glove Bare hand transfer C. T—Drill to 2B D. foot work to 1B & 3B E. Throw from the knees F. Grip</p> <p><u>5. PLAYS AT THE PLATE</u> A. Relays and Cutoffs</p> <p><u>6. FIELDING BALL INFRONT OF PLATE</u> A. Bunts on 1B and 3B line B. Balls in front of plate C. Squeeze Play</p> <p><u>7. COVERING BASES</u></p> <p><u>8. PRE-GAME ROUTINE</u></p> <p><u>9. UMPIRE RAPPORT</u></p> <p><u>10. CALLING A GAME</u></p> <p><u>11. CATCHING BULLPENS</u></p> <p><u>12. MISC. PLAYS & SITUATIONS</u> A. Rundowns B. Wild Pitches / Pass Ball C. Pop Ups—priorities D. Game Tempo</p>	<p style="text-align: center;"><u>CATCHING 101</u> <u>OUTLINE</u></p> <p style="text-align: center;"><u>CATCHING</u> <u>WARM UP DRILLS</u></p> <ol style="list-style-type: none"> 1. Speed Agility Ladder 2. Hurdle work—over/under’s 3. Duck Walk 4. Pee on Fire Hydrant 5. Knee In Kick Ups 6. Catcher Toe Taps 7. Jump Rope 8. Catcher Hops from sign to secondary stance 9. Side Steps in Secondary 10. Side Steps to knees <p style="text-align: center;"><u>CATCHING</u> <u>RECEIVING DRILLS</u></p> <ol style="list-style-type: none"> 1. Hand Slaps 2. Juggling 3. Defensive Lineman Hands 4. Front side Underhand Toss 5. Frisbee toss 6. Open Hand& Direct ball with Partner 7. Over Weight Balls 8. Low Pitch on Chair 9. Short Hops 10. Rapid Fire from 2 players 11. Walk Ups 12. Angles—from 1B = 3B line 13. Handcuff—from line but to knees 14. Fastballs w/ tennis ball racket 15. Glove Flips 16. Paint Ball 17. Out of the Zone 	<p style="text-align: center;"><u>CATCHING</u> <u>THROWING DRILLS</u></p> <ol style="list-style-type: none"> 1. Use Strip Balls 2. Glove Bare Hand Transfers 3. Throw from Knees—from different distances 4. Throw & Hold on front leg 5. Rock + Throw—transfer weight 6. Double Plays—from 3B line 7. Long and Short bag throws 8. 6’ or 8’ Ladder Throws 9. Quick Picks 10. Tic Tack Toe Board 11. T—Drill 12. Foul line Footwork 13. QB Drop Backs 14. Ins and Outs—w/ 3 cones 15. Relays—block & recover, wild pitch then pop up <p style="text-align: center;"><u>CATCHING</u> <u>BLOCKING DRILLS</u></p> <ol style="list-style-type: none"> 1. Sit and Get Hit 2. Point Block 3. 3 Ball block 4. 5 Ball block 5. Block + Recover 6. NO Cheating—block or frame? 7. 10 Balls down the line 8. Angle Block—from 1B and 3B 9. Sway + Block 10. 3 Hops + Block 11. Goalie Block with 2 cones 12. Walk Ups - coach to catcher 13. Gain Ground—catcher to coach 14. Game Savers 15. Turn a rounds—2 players 16. 2 Ball side to side to time 17. Glove side / throwing side then glove side 18. Down Ups + then block 19. Hula Hoop Block
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