



Advanced:

Description-

Ability to control and place all blocks (even extended). Ability to block from different stances (one knee, etc). Excellent read/reaction times and ability to recover and throw with accuracy.

6-7

Drills:

- Increased distance on Triangle sets.
- Extended Blks w/fan - Placement Blks - Moving Blks (reps 5-7) - 5-10-5 drill
- Innings (50 yards)
- Add velocity and distance of blocks. - Dirty Dozens (progress to 2 strike situation)

Skilled:

Description-

Ability to handle dirt balls just outside the knee to knee range with consistency. Able to handle higher velocity and control, recover, and competitively throw to the intended base.

5-7

Drills: Continue with HHECK and adapt focus. Increase velocity, movement prior to the block and increase the challenge. Add machine for velo.-

- Dry: - Triangles (dry for time ex. 30 sec. sets). - Lateral slides (jab/drive) Poss. shuffles.
- Fungo Dr. - Hop/Hop Blk - Quarter turn Blk
- Dirty Dozens (Blks only)
- Lateral Blocks (focus on one direction 8-10 reps). Progress to random - Block-Times with the throw (3.55- 3.75 sec.) - Rapid Blks (4 reps) -

Description-

Foundation:

Ability to get into blocking position, and control dirt balls that are knee to knee. Consistency on killing these blocks and recovery are key.

4-7

Drills:

- Preset BLKS (F: hands, hips, eyes, center)
- 4 Pt. stance dry and with a thrown block. (F: HHECK)
- 4 Pt. stance Dry recovery. No live block.
- 4 Pt. stance, live block w/ recovery
- 5-hole Dr. - Fungo BLK - Cone to Cone Dr. -
- Roll Blks - Blk/Throw cadence to check technique.
- Gorilla Lob Blks - Proximity Blks with markers (Kill)
- Recovery Drill (no block) - Live block and recover (add S/W) adapt the focus pending the catcher.
- Situational Blocking R @ 3B and/or drop 3rd strike.

Objective:

Control the dirt ball with understanding of the situation.

Mindset:

Want the off-speed in the dirt.

Verbal Phrase:

"Keep the ball here, and save 90' there."

