



Advanced:

Description-

Catcher does not tip pitches through the set up and uses multiple stances to receive. Competes on the toughest locations w/mastery of varying glove technique.

DRILLS:

- Set ups and 1KD stances:
- Heavy Ball: Kzone edge focus. Mid-low focus. Flat to steep angle toss.
- Mitt movement back to K-Zone w/variable block:
- Mislocation composure:

Intermediate:

Description-

Catcher utilizes a subtle base-sway and hand-load and present pitches just off the edge of the lateral and lower areas of the strike zone. Glove technique can vary at times, but catcher may give up on some difficult pitches (low/glove side)

DRILLS:

- 1KD stances: Rt. Knee, Lft Knee, Kickstand and Set ups
- Heavy Ball: Kzone edge focus. 2-plane focus. Flat to steep angle toss.
- Pocket awareness: Foam balls w/ velocity.
- Proper Hand-load w Mitt movement back to K-Zone:
- Base sway: All stances
- Glove technique: Multiple tech's- Flexion to ext. and ext. to flexion.

Foundation:

Description-

Catcher will not lose strikes on the edge of the strike zone. Catcher shows one consistent glove technique that he/she relies on. Consistently meets the ball and receives it firmly with pocket awareness.

DRILLS:

- Primary/Sec. Stance: balance, posture, target (pocket), Flex
- Heavy Bell/strength: Edge focus. vert. or horiz. focus. Flat angle toss. BH or Trainer, bat roll
- Pocket awareness/tracking: hand weight, BH w/track, tennis frames BH (extra ball). Foam frisbee's
- Presentation w/preset hand load: Mitt beyond desired location, progress to applying hand load.
- Flexion to extension:

**Objective:** Keep strikes, and GAIN STRIKES!!!

**Mindset:** Serve your pitching staff by winning inches off the plate.

**Verbal Phrase:** One fluid motion back to the strike zone.