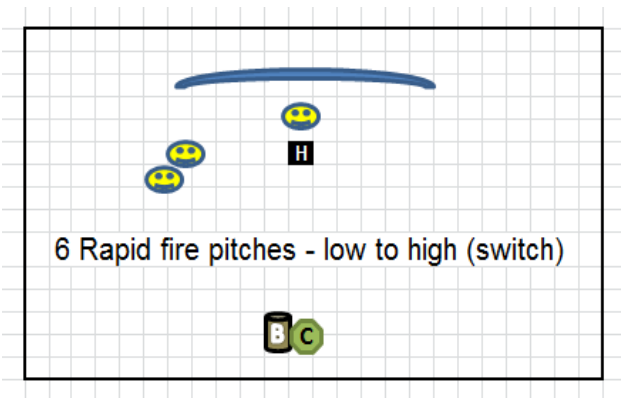




Catcher drill #1 Rapid Fire

Modifications for 2020: all players 6' apart at all times



Rapid fire:

6 mins

6 to 8 pitches to each catcher
mix drops and rises
switch up
at least 5 times through

Key points: legs used to get up to high balls,
blocks on drops, kick out knees replace toes

Drill by: Sue Hokanson