

# RECEIVING & BLOCKING DRILLS

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## RECEIVING

- 1. Barehanded drill**- with coach under handing real balls or tennis balls on 1 knee, 10-15 feet away  
10-15 @ Left knee - from straight on  
10-15 @ Right knee - from straight on  
10-15 @ Left-Right knee – alternating between each knee
- 2. Balance Beam Receiving**-all these drills will be done while positioned on the balance beam  
**Regular**-pitches will be at the left knee first then the right knee  
**Spread**-sideways and spread out on beam catching pitches off either shoulder  
**Sway**-pitches will be outside the body to each side making the catcher shift back and forth
- 3. Walkup drill**- start at 60 feet and catch 5 balls then proceed to move up every few pitches until it's a challenge at about 45 feet, catch 5 at 45 feet then hustle back to the original distance (60 feet) and then catch 5. The first 5 @ 60 feet at the beginning of the walk up drill will seem much harder than the last 5 @ 60' feet even though they are the same velocity. The closer you get to the machine the higher the pitches will be.
- 4. Angled Receiving** (off the machine) 15-20 balls in a set- with the catcher facing the 3<sup>rd</sup> base bag, fastballs will be shot at his Left knee, emphasizing Left elbow down and thumb up. As he gets comfortable receiving, he will slowly rotate to his right until he receives pitches from straight on. Then facing the 1<sup>st</sup> base bag, fastballs are shot at his Right knee. Once again, as he gets comfortable receiving properly, he will slowly rotate to his left until he receives from straight on.
- 5. Receiving**- off the machine from 50-55 feet away using real baseballs using all pitches

## BLOCKING

- 1. Dry blocks**- position 3 balls out front of the catcher (Left, Right, and straight in front). The purpose of the drill is to emphasize proper positioning and technique.
- 2. Mirror blocks** – pair up facing each other, one guy leads then other reacts for quickness
- 3. Blocking**-(Fastballs, Curveballs, Sliders) with pads on- alternate players if in a group 8-10 balls per position  
**Finished** = knees on the ground and body/arms in position ready to block and absorb pitches  
**Halfway** = mitt on the ground, then proceed to go to knees as pitch arrives  
**Full/Game** = from the secondary stance, treat this as a game block
- 4. Rapid fire** (5-6) – balls come in succession, coming one after another with the next ball coming as soon as the catcher returns to the neutral position (hands and knees off the ground in his secondary stance)
- 5. Angled blocks** (15-20) – the coach will be positioned in the area between the mound and 1<sup>st</sup> base about 40-45 feet away. He will throw balls at the far corner of the plate. The catcher stays in his regular position as if he were receiving pitches from the mound. The catcher will fire off to his left to block each ball. The coach will then go to the 3<sup>rd</sup> base side in a similar area and throw balls at the far corner of the plate. The catcher then fires off to his right to block each ball.
- 6. Read & React** – pitches will either be in the dirt or strikes and the catcher will have to react accordingly. The blocked balls will be recovered as quickly as possible