

THROWING DRILLS

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1. Quick footwork drill- With the catcher starting out in his block/throw stance. The coach will flip 6 balls in succession and the catcher will go through his footwork with each ball. Upon catching the 1st ball, the catcher will proceed with his footwork then go back to his original stance. The catcher will do this until all 6 balls are gone. This is a fast and quick drill.

2. Quick transfer drill- from the side and either kneeling or standing, coach flips balls at catcher's chest area to isolate the transfer quickness. The catcher should bring mitt and ball straight to the transfer area and get rid of the ball quickly. Balls are thrown into a net close up so accuracy is not important, a clean transfer is. This is like the game 'hot potato', the ball should in and out of hand quickly.

3. Footwork/throw drill- In the cage, the coach (kneeling) will face the catcher and flip balls to him in his block/throw stance and the catcher will go through with his normal footwork and throw the ball over the coach into the net.

4. Transfer drill standing- Off the machine, the catcher will be standing up and work on keeping his transfer short. The balls will be shot out at him and he will catch and rotate his upper body to the throwing position leaving his feet in the ground. The emphasis is the short transfer and clean grip.

5. Angled Transfers – start out the same as the angled receiving drill but instead of just catching the ball just proceed to go through the footwork. This helps the catcher gets used to getting upper body closed up so he is in position to throw

6. Short distance "T" – underhand balls with C using bare hand, donut/paddle mitt, or regular mitt to create proper footwork through muscle memory. 15-30 reps. Progress to throwing starting at 60' then up to 100'

7. Footwork drill- Off the machine, the catcher will start in his block/throw stance and proceed to go through his footwork upon receiving the pitch. This can be done with any pitch and any locations

8. 4 corners-with a catcher at every base facing the mound(either on the dirt or on the grass to help save their arms. The purpose of this drill is to improve transfers and get their feet moving in the direction of the throw. Starting with the catcher at the dish, he will start the drill by throwing to his left or 3rd base, then each succeeding catcher does the same until the ball has gone around 3 full times. Next, the guys will make the throws to their right or 1st base until the ball gets around 3 full times. Last, the guys will work on their throws to 2nd base. Starting at the dish, the catcher makes his throw to 2nd base to start the rotation. The rule here is if you receive the ball diagonally then you throw it to your left or right. Conversely, if you receive the ball from your left or right then you throw it diagonally. The extra guys can rotate in at any base.