

SETON HALL UNIVERSITY PIRATE BASEBALL

**Youth Pitching Drills
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Warm-up Throwing Drills

Scap Load/Goal Post Drill: emphasize reaching back with elbows (parallel feet).

Shoulder Load Drill: emphasis is on turning shoulders (parallel feet).

Stride Drill: emphasis on exploding rear hip (moderate stride).

Drop Back Drill: emphasize quick feet (3 step drop).

Step Behind Drill: emphasis on good balance (longer distance).

Pitching Drills

One Knee Drill: focus on bringing chin and chest to target (chest over knee)

Chair Drill: excellent for teaching proper finish (bucket or bench will do).

Rhythm Drill: helps pitcher feel transfer in weight through delivery (inside feet).

Hip Load Drill: teaches preload and helps pitcher use legs (back hip important).

Balance Drill 1,2,3: helps pitcher understand balance in delivery better (a must).

Blocking Drills

Form Block

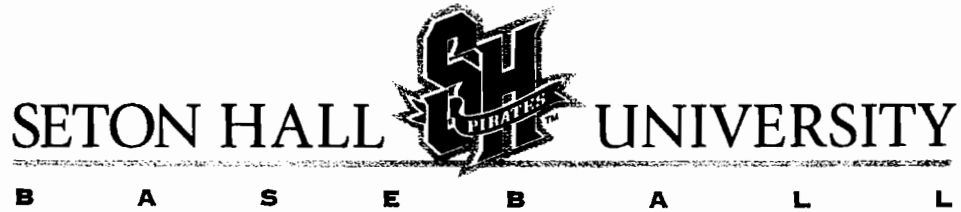
Form block is a drill that you can perform with the use of a fungo bat or a dowel with a baseball on the end. Either one is used to indicate the position of the ball in the dirt. The catcher sets up behind the plate with all his gear on, and the coach or another player points to a ball in the dirt either straight on or to either side. The catcher reacts to the ball in the dirt by quickly moving to his blocking position. The coach or another player evaluates the blocking position of the catcher. You also form block and bounce up using the same pointer technique. The catcher reacts to the pointer, then quickly snaps up and returns to his position directly behind home plate. This drill emphasizes quickness and develops those muscles and reactions that enable the catcher to block and retrieve the ball.

Sit and Get Hit

This drill can be used to train proper block position and get the catcher ready for controlling the ball with their body while blocking a pitch. The catcher gets in proper blocking position; Knees down on the ground with arms on side of body, glove in between legs with bare hand behind glove and shoulders slightly over knees. While in block position the coach bounces a tennis ball or incredi-ball directly in front of the catcher and off their chest protector. The catcher tracks the ball with their eyes and brings their chin to their chest as the ball bounces. The catcher works on controlling the ball off of their chest protector.

Coach-Assisted Blocking

Coach-assisted blocking is an excellent drill to help the catcher feel the correct type of movement. The coach stands behind the catcher who is in his receiving stance. He grabs the catcher by the hips and tells him which way the ball is going, then moves him in the correct direction. This gives the catcher a kinesthetic feel for the right direction.



Blocking Thrown Balls

The natural progression is to block thrown balls in the dirt. It is important to mix fastballs and curveballs as well as balls that are not in the dirt. While you are working on balls in the dirt, throw a high percentage of balls within the strike zone so that the catcher does not have excessive body movement on balls within the zone simply because he is expecting the a ball in the dirt. You want to react to balls in the dirt, not expect every ball to be in the dirt.

Block and Recover Drill

The final drill is a block and recover drill. You imagine a six-foot radius circle around home plate. The catcher's job on this drill is to keep the ball within a six-foot circle or recover the ball before he gets out of the circle. You can vary the size of the circle depending on the ability of the catcher.


SETON HALL UNIVERSITY
B A S E B A L L
Catching Overview

Key Responsibilities

1. Catch ball (receiver not retriever)
2. Leader on the field
3. Control your pitcher

Farming

1. Soft relaxed target (not stiff)
2. Frame toward the center of the strike zone (steering wheel, like catching a Frisbee)
3. Slight turn of the wrist don't jerk the glove (small, quiet movements)
4. Frame borderline pitches only not ball far out of the zone.

Throwing (upper body)

1. Smooth efficient throwing motion – obtain this thru throwing drills and practice
2. Front arm should be closed and get to target – glove arm is your gunsight

(Lower Body)

1. You throw and field with your feet – good footwork will make up for a lack in arm strength.
2. Tail up challenge every runner – good balanced stance
3. Block step sets your body in line with your target

Blocking balls in dirt

1. Positive approach to ball. Cut down the distance between you and the ball.
2. Drop to knees, cover hole, protect meat hand and track ball with eyes.
3. Control ball with soft body – giant “C” position
4. Block and recover.

Fielding bunts/block and recover

1. Direct route to ball
2. Surround ball
3. Use glove to scoop ball into hand / helps to square front side to target
4. Set feet to throw ball

Receiving Drills

Tennis Ball Drill

Start developing your receiving skills by catching tennis balls with a glove. This is particularly good for balls up, down, or in. The outside pitch is tough because you catch the ball in the web of the glove. You also catch tennis balls with the glove. Both drills force concentration because of the bouncy nature of the tennis balls.

You can also use a paddle glove to work on glove position. You use tennis balls or incrediballs with the paddle glove, and just block the ball into the strike zone with the correct glove position and arm extension.

Quick Hands Drill

The coach has several balls and throws them in quick succession at various speeds to the catcher. You get your glove in the proper position to catch the ball and then drop the ball and move to the next thrown ball. The emphasis is proper glove position and extension with a minimal amount of body movement on balls within the strike zone. The coach should throw balls in and out of the strike zone so that the catcher does not get so locking into the strike zone that he cannot move for balls out the of zone or in the dirt. The coach should mix in breaking balls and fastballs, sometime not telling the catcher that a breaking ball is coming. The prepares the catcher for times in a game when he gets crossed up. You can also use the pitching machine on this drill. Above real speed training is beneficial for catchers. Thrown from close or use the pitching machine at high speed. If you are inside, you can also turn the lights down to make the drill more difficult.

Walk-Up Drill

The coach has several balls and throws them at the catcher while walking toward the catcher. The catcher needs to react quicker as the coach closes the distance. It is important that proper receiving technique is used. This helps the catcher to develop quick reactions that are necessary to be a good catcher.