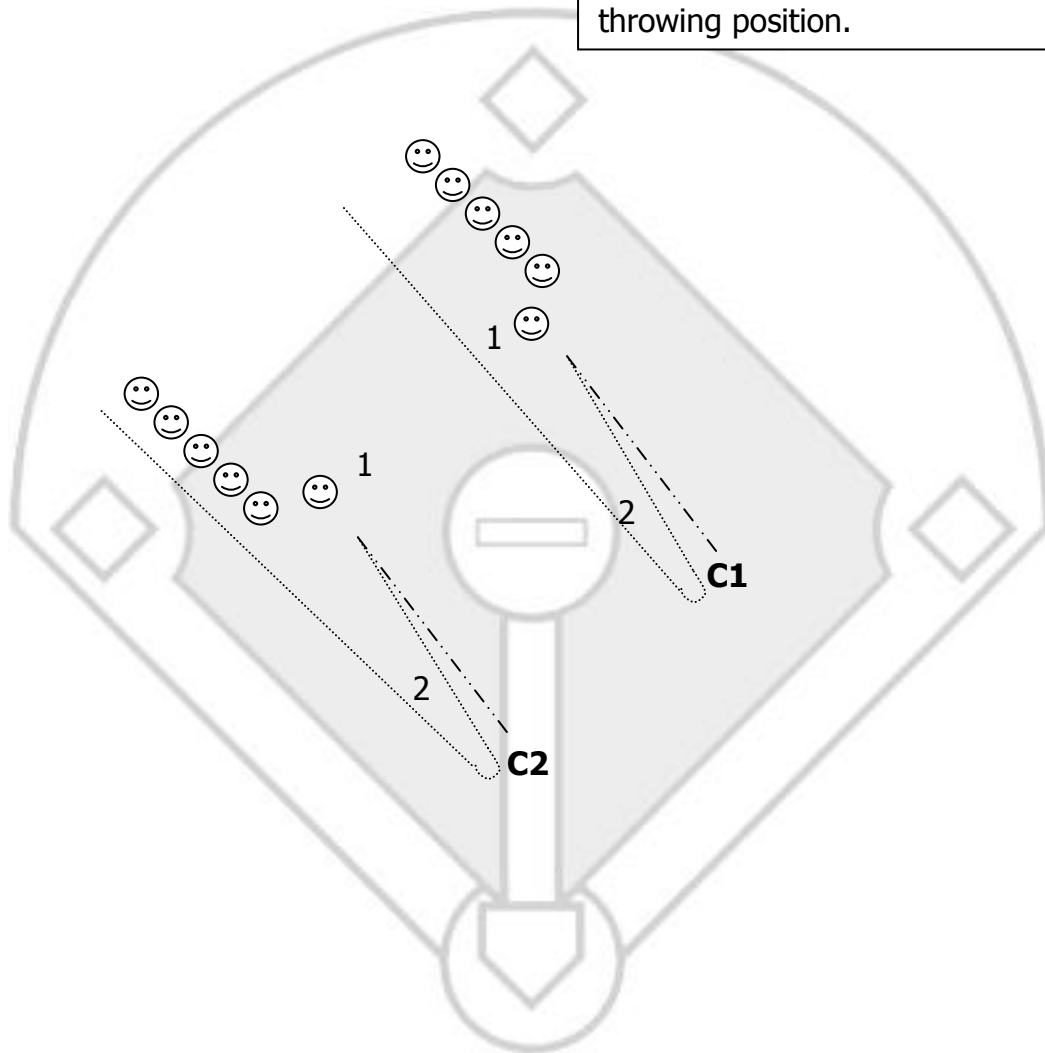


Basic Catch, Pose and Throw Drill

The goal of this drill is to create the muscle memory for collecting a ground ball, coming up to a proper throwing position.



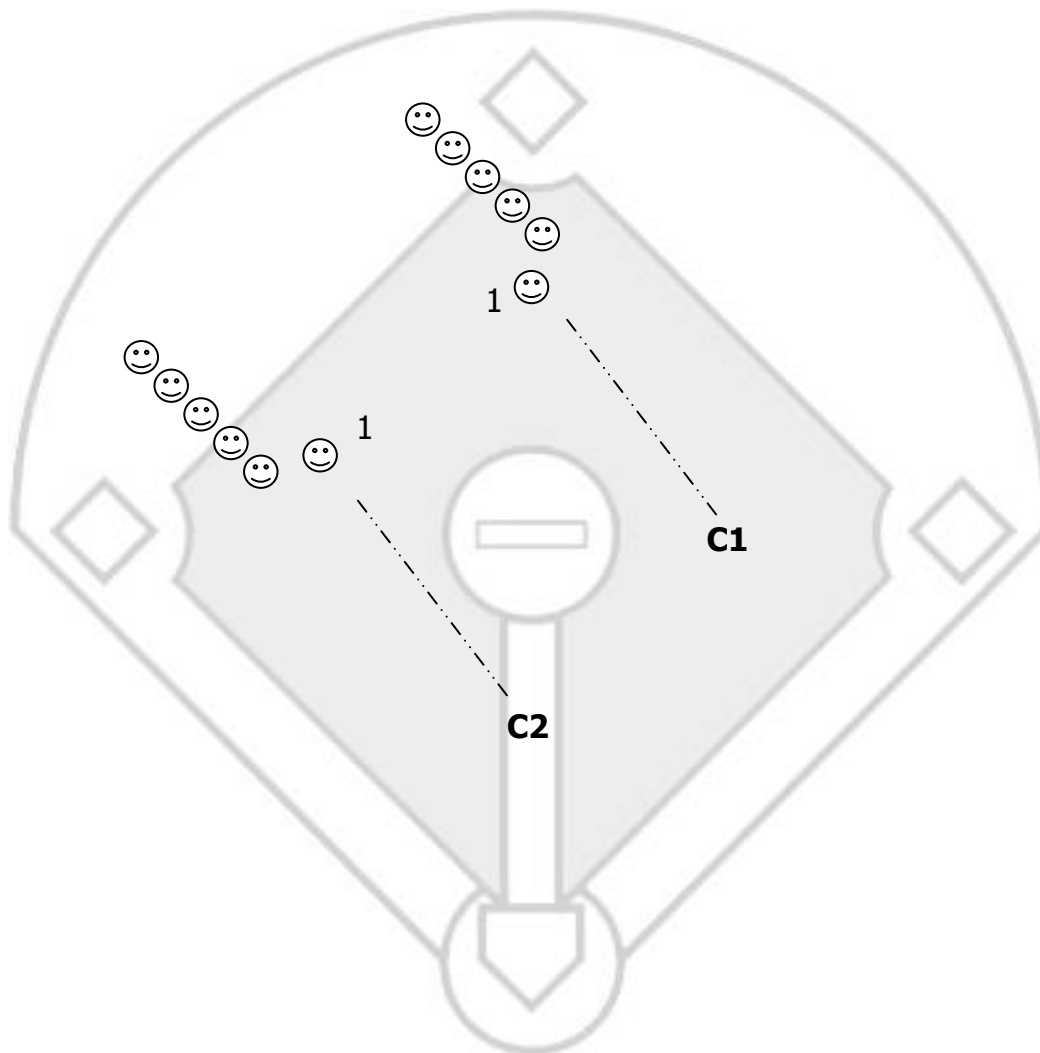
Stage 1

Action: Athletes are without their gloves. Slow rolling ground ball to athlete (1). It is fielded bare-handed with her hands out front in a scoop position collecting the ball and bringing it up to a proper throwing stance (should be the same as her batting stance) holding the pose for two seconds. Then she runs the ball to the coach's glove and then runs to the back of the line (2).

Purpose & Goal: To build muscle memory on the proper mechanics of the catch and throw. Holding the pose reinforces the proper position.

C1 & C2 – Coaches make sure that the athletes are catching the ball out in front and bringing the ball up to a proper throwing position. If not, correct them.

Basic Catch, Pose and Throw Drill



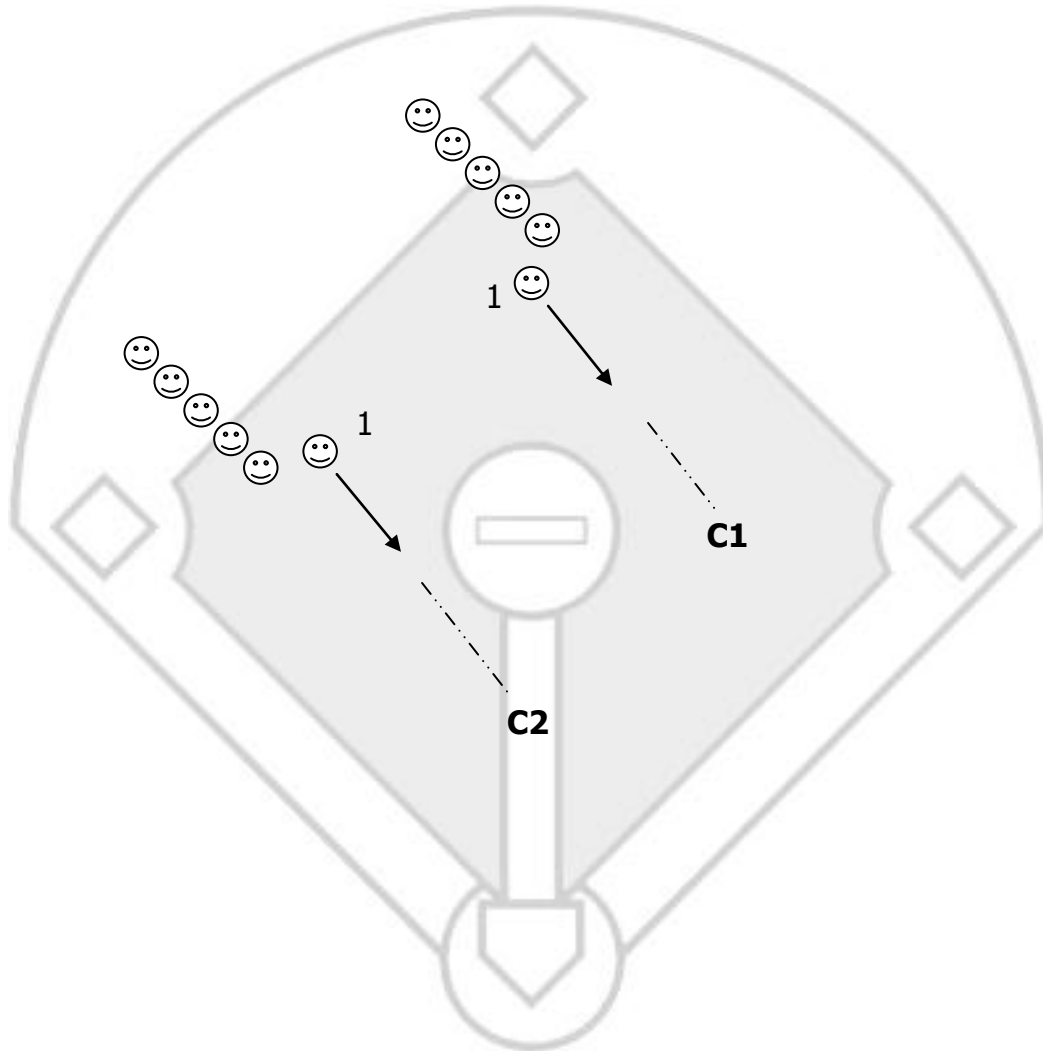
Stage 2

Action: With their gloves. Faster rolling ground ball to athlete (1). It is fielded with her hands out front in a scoop position collecting the ball and bringing it up to a proper throwing stance (should be the same as her batting stance) and firing it back to the coach.

Purpose & Goal: To build muscle memory on the proper mechanics of the catch and throw.

C1 & C2 – Coaches make sure that the athletes are catching the ball out in front and bringing the ball up to a proper throwing position. If not, correct them.

Basic Catch, Pose and Throw Drill



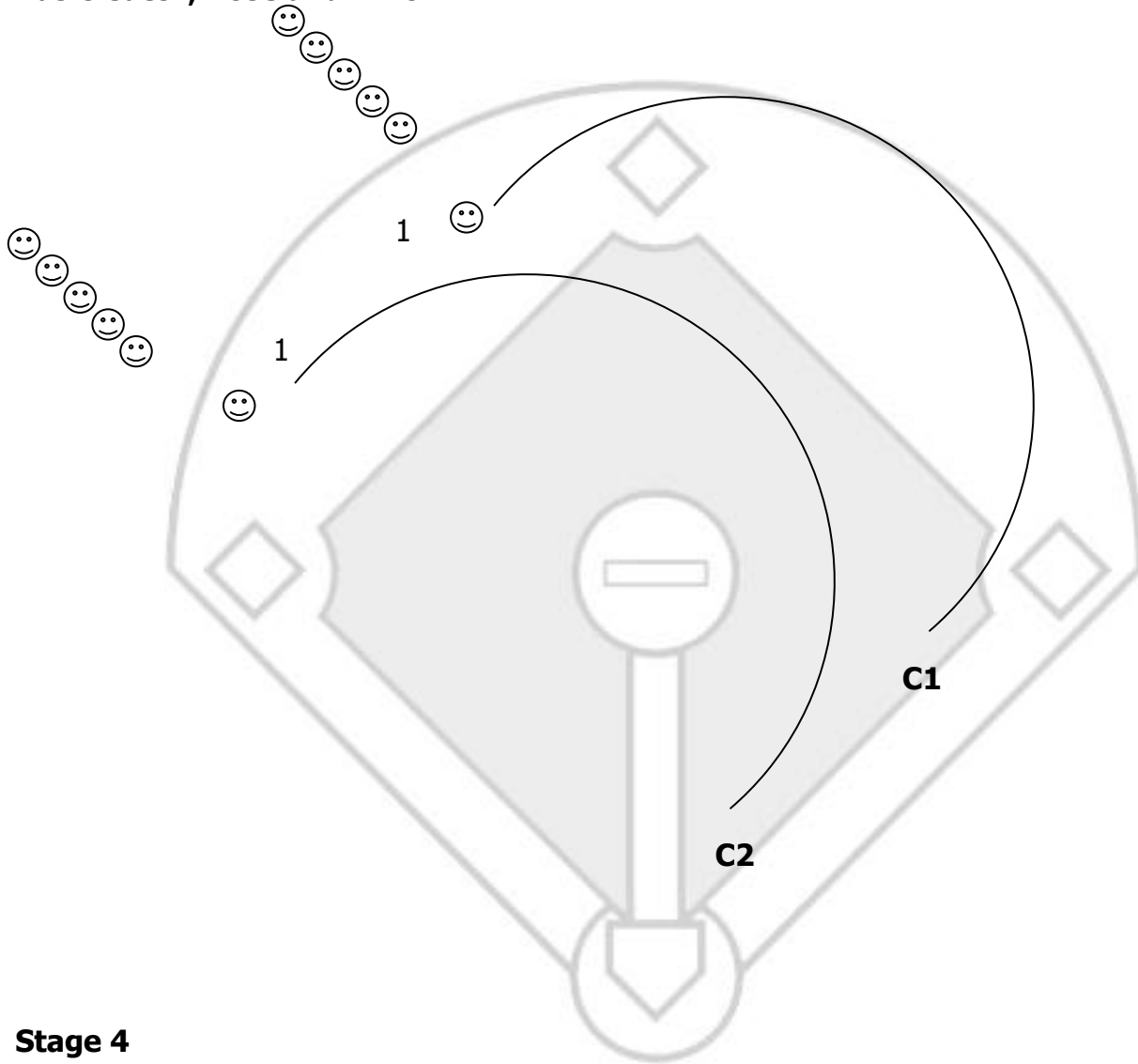
Stage 3

Action: This is the shoe-string or "basket" part of the drill. The athlete starts to run towards the coach. The ball is tossed up in the air and timed so the athlete has to really work to catch it on the run. The ball is handed back to the coach and the athlete runs to the back of the line.

Purpose & Goal: The main goal is to teach them NOT TO STOP! 99% of missed popups are because the fielder gave up...

C1 & C2 – Coaches make sure that the athletes are catching the ball on the run and not stopping. Make sure that the tosses are timed so they are really working to get them. Encourage them to slide to the catch and keep the ball in front of them.

Basic Catch, Pose and Throw Drill



Stage 4

Action: This is the infield pop-fly part of the drill. For 10U and above (and advanced 8U players). Coach (C1 & C2) throws a high pop-fly to simulate an infield pop-fly (make sure it is age appropriate... the older the player, the higher the throw). Ball should be caught on the throwing side and with a quick transition throw back to the coach to simulate a pick-off or a tag-up play.

Purpose & Goal: The main goal is to teach infield depth of field, proper catching and transition mechanics to promote a quick throw.

C1 & C2 – Coaches make sure that the athletes are catching the ball on the glove side and to CALL it.