



Catch and Gather Drill

Objective

To force players to catch the ball with two hands out in front, bring the glove to the center of the body, find the four-seam grip, and get the ball into proper throwing position as quickly as possible

Setup

Two players and a baseball

Execution

At the end of the 21 game or the end of warming up before a game or practice, players can begin working on catching the ball out in front with two hands, gathering the hands to the center of the body, finding the four-seam grip, and getting rid of the ball as quickly as possible. Players move one step closer with each throw and catch, continuing to get rid of the ball as quickly as possible. Whoever drops the most throws, either through missed catches or when transferring the ball from the glove to the throwing hand, is the loser.

Make It Fun

Players can keep the "21" point system (two points for throws at head level and one for throws at chest level) when doing the Catch and Gather Drill. Players lose a point every time they drop a ball or have to double clutch when throwing.

(continued)



Catch and Gather Drill *(continued)*



Catching Thrown Balls

K E Y P O I N T S

1. Always catch the ball out in front of the body so that the eyes can follow it all the way into the glove.
2. Give a target with two hands at chest level in front of the body.
3. Start with the fingers of the glove pointing up and the wrist relaxed.
4. Follow the ball all the way into the glove with your eyes, squeeze the glove, and use the bare hand to hold the ball in the glove so that a quick throw can be made. Don't squeeze the outside of the ball with the second hand.
5. Catch balls thrown at chest level or above with the fingers up.
6. Catch balls thrown below chest level with the fingers down.
7. Turn the glove as necessary to catch throws that are not right at you. These balls still should be caught in front of the body.