

# Blocking Pitches Drill

## Purpose

To work on pitched balls that are low in the dirt.

## Equipment:

Tennis ball (or another type of softer ball), catcher's gear

## Procedure

- Using a tennis ball, the coach stands 10 feet from the catcher and throws short hops in the dirt to simulate pitches.

## Key Points

- Have catchers catch the ball with their body instead of blocking it rigidly and having it bounce far out of reach.