

Exchange Drill

Purpose

To achieve numerous repetitions of a catcher's throwing position and release.

Equipment:

Baseball, catcher's gear

Procedure

- Each day, once your catcher's are loose, they should approach every ball as if it were a steal attempt.
- Monitor your catcher's foot movement toward the ball and the exchange of the ball from glove to throwing hand.

Key Points

- The key in this drill is being sure the catcher's hands do not drop below the letters of the uniform as he or she takes the ball back to his or her release point.
- As a variation, long catch can also be incorporated daily to develop arm strength, quick feet toward the ball and the exchange of the ball from glove to throwing hand.