

Reaction Drill

Purpose

To work on reaction time for pop ups and increase alertness

Equipment:

Bucket of Baseballs, catcher's gear, Field

Procedure

- Catcher at home plate in crouch position.
- Coach is 5 feet in front of catcher with a ball in each hand.
- With a flick of the wrist, one ball is thrown directly at the catcher's mask.
- At the same time, coach throws the other ball into the air for catcher to make a play on.

Key Points

- The catchers must learn to trust their equipment and not pull their heads back and leave their throats exposed.
- They must also learn to keep their eyes on the ball when it comes off the bat or skips off the dirt.