

PHHS Vikings Baseball
Catchers Drill Checklist

	Drill	Completed	Performance
1	Stance Drill		
2	Signal-giving drill (10)		
3	Tennis ball squeeze		
4	Receiving Drill (framing)(10)		
5	Mask drills (10 x 2)		
6	Pop drill (10 each side)		
7	Pop-up drill (10)		
8	Throwing drill (shoot out)(10)		
9	Fence drill (1, 2, 3) (2 each spot)		
10	Drop 3rd Strike (5)		
11	Backing up 1st (5 reps)		
12	Fielding bunts (3 each spot)		
13	Tagging runners drill (5)		
14	Dry Blocks (10 L, C, R)		
15	Live blocks (10 L, C, R)		
16	Drop 3rd Strike (5)		
17	Discard mask (force play, run downs, etc.)		
<u>Other things to go over:</u>			
18	Giving signs/changing signs w/runners on		
19	Batter strategies (right pitch...right spot, know hitter weaknesses, etc)		
20	Handling pitchers (amateur psychologist, know best pitches, etc.)		
21	Relays/cuts communication (know OF arms)		
22	Covering 3b (when?)		
23	Double steal defense (look runner at 3rd back)		
24	Rundowns between 3rd and home		
25	Communication with IF (pop-ups, outs, bunt def., etc.)		
26	Catcher's balk rule (pitch-outs, intentional walks)		
27	Catcher's interference rule (steals of home, etc.)		
28	Catchers double plays (to 2nd, home to 1st, etc.)		
29	Pick-offs (to all bases, off pitch-outs, off bunt attempts)		