Blocking the ball is one of the most important aspects of catching. Instead of always trying to catch with your glove you want to block with your body. A ball that gets past a catcher doesn't do any good. Although past balls do happen this drill will help minimize it and prepare you to act when it does happen.

Blocking Drill

1: This is a full catcher gear drill and can also help a pitcher warm up. The FIRST STEP is pitching 5 slow pitches in the dirt to the catcher. Make sure the catcher has the proper position, has their glove on the ground, and is leaning forward so the ball is blocked forward and not backwards.

2. Now pitch 5 slow pitches to one side of the catcher. Make sure the catcher comes out of their position and blocks with their body instead of reaching with their glove.

3. Repeat step 2 but on the other side of the catcher. Make sure there aren't any holes where the ball could get through.

4. Throw five slow pitches high above the catchers head but low enough where they can jump to reach them. This helps the catcher to be ready and comfortable when they need to catch high pitches in game situations.

5. Now throw five or more slow pitches anywhere you want. Mix it up so the catcher doesn't know where you're throwing. This helps the catcher react instead of anticipate. Be sure they are using the right positions, don't have any holes for the ball to get through, and are doing the blocking the right way.

6. Pitch 5 bad pitches where the catcher wouldn't be able to block them. Have the catcher run after the ball and throw a knee high underhand throw back to the pitcher at home plate for a tag out.

7. Now work on pop flys. Have the catcher get down in the catching position then throw the ball into the air. The catcher should take off the mask, locate the ball, throw the mask away so they don't trip on it, then catch the ball. IN THAT ORDER!

You should do this drill during every practice so the catcher can get used to blocking eventually in games it will become a reaction. Full equipment should be used to simulate games situation and movement.