

Catching Drills/Games

- **Catching 101**

- Have the children line up in a single file line with their gloves. With two coaches, you can split the team in half. Have the children face you. Make sure they are spread out. Demonstrate with the other coach. Show them how to catch a ball above their waist with fingertips up and below the waist with fingertips down. Most of them will prefer the basket catch. Try to have them catch correctly and use two hands. Show the kids how to make a good target with their glove, if they are the person catching the ball. Demonstrate a good throw (to the chest) with the other coach making a good target to catch the ball.
- Go up and down the line gently throwing a ball to each child. Watch their form and correct where necessary. Have them throw the ball back to you using the correct form. After a few times, alternate between throwing above their waist and below their waist to see if they switch their gloves correctly.
- If you feel comfortable with their progress, switch to wiffle balls and have them play catch with each other. Don't push them. Be safe.

- **Improving Catching/Throwing**

- Put the gloves down and use wiffle balls. Roll grounders to your players and instruct them to use both hands to field the ball. This will help them get to use two hands to catch. The player will then use the correct form to throw the ball back to the coach.

- **Pop Flies**

- Use wiffle balls first. Divide the children into 2 lines. Have them step out when it is their turn and throw them a pop fly. Realize the ability of the child and don't throw the ball too high. Make sure the children are trying to catch the ball with their fingertips up. Be sure to praise.

- **Jug Drill**

- If you have a plastic gallon jug available, try this drill with your team. Cut the bottom of the container off. Turn the jug upside down with the handle in the glove hand of your player. Toss waffle balls to the player and have them catch the balls with the jug.

- **Catching Contest**

- Players are in pairs and stand about 10 feet apart. Coach yells, "Throw!" and one partner throws the ball to the other. See what pair can throw the ball back and forth the most times without dropping it. The distance can be increased if needed.

