

CSUSM - Catchers (Weinstein) Checklist

Physical Care

- Dynamic Warm-up
- Arm Care
- Conditioning With a Purpose
- Stretching

Receiving

- In/Middle/Out (All Pitches)
- Double Frame
- Setup Timing (both feet)/Early-to-Late
/Early Glove and Body to Glove

Blocking

- Left/Center/Right
- FB/BB/55 ft BB
- Block and Retrieve
- Block, Retrieve, Throw to Lead Base
(Second Base and Third Base)
/Runner Not Running and Back Pick
- Strike Three Ball in Dirt
- Wild Pitch Retrieval - Pitcher Covering
Home

Throwing to Second Base

- In/Mid/Up and Out/Low and Out
(FB/BB) vs. RHH/LHH
- Draw Interference
- Pitchout (Right and Left) First and Third
Look Back
- Pick Second Base (Bunt)
- Ball in Dirt - Runner Running
- Bad Ball Throwing
- Three-Ball Throwing

Throwing to Third Base

- In/Mid/Out
- FB/BB
- Behind/Front/Through Vs. A Great Jump
- First and Third Read (High and Inside
and at Runner)/Delay Pick
- First and Third Arm Fake and Read Runner
at Third Base

Pop Ups

- Front/Back/Sides
- Basket Catch
- Figure-Four Slide Near Fence/Dugout

Tag Plays

- Alignment/Communication
- From LF/CF/RF
- Early/Late
- Two Knees/One Knee
- Tags/One-Hand Sweep Tag/High Hand
Tag/From Behind/Squeeze Play
- Deke
- Offline Throws (Go Get Them)

Bunt Plays

- Bunted Towards 3B/SS/2B
- On The Run to First Base/Third Base
- To Second Base
- Intentional Drops (Pop-up)

Home to First Base

- Force/Reverse to Third Base After
Arm Fake to First Base/Home to First

Rundowns

- Normal
- Down Angle Comeback-Close Gap Early
- Two Runners on Third Base

Back-Ups

- First Base
- Third Base Bunt Exchange

Communication

- Pitchers
- Infielders
- Umpires

Pitch Calling and Game Management

- General Plan
- Situational
- Tempo
- Signal System (Running Game)

CSUSM - Catchers DAILY ROUTINE

Hurdle Routine

- o Walk Over
- o Walk Over w/Rhythm
- o Backwards
- o Backwards w/Rhythm
- o Sideways w/Rhythm
- o Single Leg Swing
- o Double Leg Swing

Dynamic Routine

- o Spiderman with Hip Lift & Reach
- o Quick Squat
- o Block - Pop - Jump Squat
- o Bridge w/Reach
- o Duck Walk
- o Lateral Duck Walk
- o Lateral Duck Shuffle (Explosive)
- o Side-to-Side (Tire Hop)
- o 4 Corners

Drills

- o 4x4 Bare Hand
 - > Glove Side (Angular from 1B)
 - > Straight On
 - > Arm Side (Angular from 3B)
- o Reacts (180's)
- o Reacts (90's)
- o Innings Receive
- o Innings Block & Pop
- o Dead Ball Blocking (4 Balls)
- o Block & Stop (Freeze)
- o Block & Recover
 - > No Runners - K
 - > Runner at 1B
 - > Runner at 2B
 - > Runner at 3B Back to 1B
- o Throw Downs
 - > 2 Knee Transfer
 - > Glide & Stride
 - > One knee Glide & Stride
 - > Pick (Short Throw)

Always done with your gear on (mask on when receiving/blocking)

"WHAT WE WANT, WE CAN'T EXPECT, IF IT DOESN'T HAPPEN DAY AFTER DAY"

