

Dropped Third Strike Drill

Purpose

To improve catcher's performance on dropped third strikes.

Equipment:

Bucket of Baseballs, catcher's gear, Field

Procedure

- Catcher at home plate in crouch position.
- Coach behind catcher
- Coach will roll ball behind catcher and yell BALL.
- Catcher must go into blocking position then come up quickly, locate the ball, and throw to first base.

Key Points

- The first baseman will read the location of the ball and will call 'inside' for a ball to the left of the first baseline or ` 'outside' for a ball to the right of the baseline.