

Foul Ball Drill

Purpose

To improve the ability of a catcher to react quickly to pop flies.

Equipment:

Baseball

Procedure

- The catcher assumes the crouched position while a partner, standing directly behind the catcher, throws the ball high into the air, imitating a pop fly.
- The catcher turns his or her back to the field, locates the ball, discards the mask, and makes the catch with two hands.

Key Points

- The catcher should not take off the mask until he or she has located the foul ball and is in a position to catch it.
- A catcher who takes off the mask too early may trip over it.