

# One Knee Toss Drill

## Purpose

To achieve numerous repetitions of a catcher's throwing position and release.

## Equipment:

Bucket of Baseballs, catcher's gear, Field

## Procedure

- Catcher at home plate.
- Coach a few feet in front on one knee.
- Coach will toss ball to catcher who is already in their stance.
- The catcher will catch the ball and execute proper throwing footwork and throw to another player at 2nd or 3rd base.

## Key Points

- Being on one knee and tossing the ball will allow the coach to put the ball exactly where they want to work.
- This will assist the catcher in working on both types of throwing footwork.