

Catching Schedule For Indoor Practice						
	Focus	Warm-up	Key points	Drills	Repetitions	
Monday, Jan 10	Stance	Duck walks	Feet should width			
		Up downs	Back flat			
		Alt Knees	Relaxed body			
	Framing		Handshake	barehand frame	3x5 each position	
			Flat Glove	Glove Frame	3x5 each position	
				Eye focus		
				Body Still		
				Head Still		
				Hand relaxed		
				Go get ball		
				Get around ball		
Wednesday, Jan 12	Blocking	Duck walks	Feet shoulder width	Form check	3x5	
		Up downs	Kick out feet	Form Block	3x5 each position	
		Alt Knees	Form up the V	Real time Block	3x5 each position	
			Head tucked			
			Barehand behind glove			
			Shoulders curled			
			Use hand as kickstand			
			Bouce up and get ball			
			Give with ball			
Friday, Jan 14	Position Throwing	Duck walks	Feet Shoulder width	1 knee rakes	20 each	
		Up downs	Barehand behind glove	Jump pivot form	3x5	
		Alt Knees	Left foot in front of right	Jump pivot with ball	3x5	
			Butt at 90 degrees	Jump pivot throw	3x5	
			Rock from heels to toes			
			Meet Ball			
			Rake to ear			
			Stay low			
		Gradually move up				

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	Focus	Warm-up	Key points	Drills	Repetitions	
Monday, Jan 17	Position	Duck walks	Feet Shoulder width	1 knee rakes	20 each	
	Throwing	Up downs	Barehand behind glove	Jump pivot form	3x5	
		Alt Knees	Left foot in front of right	Jump pivot with ball	3x5	
			Butt at 90 degrees	Jump pivot throw	3x5	
			Rock from heels to toes			
			Meet Ball			
			Rake to ear			
			Stay low			
			Gradually move up			
	Bunting		Stay Low	3 point Drill		
				Hands Together	5 point drill	
				Ball in Middle of Stance	Single ball	
				Plant and Throw	Roll out	
Wed, Jan 19	Blocking	Duck walks	Feet shoulder width	Form check	3x5	
			Up downs	Kick out feet	Form Block	3x5 each position
		Alt Knees	Form up the V	Real time Block	3x5 each position	
			Head tucked			
			Barehand behind glove			
			Shoulders curled			
			Use hand as kickstand			
			Bouce up and get ball			
			Give with ball			
Friday, Jan 21	Position	Duck walks	Feet Shoulder width	1 knee rakes	20 each	
	Throwing	Up downs	Barehand behind glove	Jump pivot form	3x5	
			Alt Knees	Left foot in front of right	Jump pivot with ball	3x5
			Butt at 90 degrees	Jump pivot throw	3x5	
			Rock from heels to toes			
			Meet Ball			
			Rake to ear			
			Stay low			
			Gradually move up			
	Stance	Duck walks	Feet should width			
			Up downs	Back flat		
			Alt Knees	Relaxed body		
	Framing		Handshake	barehand frame	3x5 each position	
				Flat Glove	Glove Frame	3x5 each position
				Eye focus		
				Body Still		
				Head Still		
				Hand relaxed		
				Go get ball		
				Get around ball		

Catching Schedule For Indoor Practice					
	Focus	Warm-up	Key points	Drills	Repetitions
Monday, Jan 24	Framing		Handshake	barehand frame	5x5 each position
			Flat Glove	Glove Frame	5x5 each position
			Eye focus		
			Body Still		
			Head Still		
			Hand relaxed		
			Go get ball		
			Get around ball		
Wed, Jan 26	Blocking	Duck walks	Feet shoulder width	Form check	3x5 each position
		Up downs	Kick out feet	Form Block	3x5 each position
		Alt Knees	Form up the V	Real time Block	3x5 each position
			Head tucked	Block and get it	3x5 each position
			Barehand behind glove		
			Shoulders curled		
			Use hand as kickstand		
			Bouce up and get ball		
			Give with ball		
Friday, Jan 28	Position	Duck walks	Feet Shoulder width	One Knee rakes	20 each
	Throwing	Up downs	Barehand behind glove	Form	3x5
		Alt Knees	Left foot in front of right	60 ft throw	3x5
			Butt at 90 degrees	full throw	3x5
			Rock from heels to toes		
			Meet Ball		
			Rake to ear		
			Stay low		
			Gradually move up		
	Bunting		Stay Low	3 point Drill	
			Hands Together	5 point drill	
			Ball in Middle of Stance	Single ball	
			Plant and Throw	Roll out	