



Elite Catching Class 4.1

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- Dynamic warm up
 - Throwing progression
 - Duckwalks
 - Line in between legs (straddling line in catcher's stance)
 - Step to line, pop out of stance
 - Point elbow, slow, dry throws
 - Transfers → bucket drill
 - Throw downs to target (competition)
 - Teams w/ ball on tee





Elite Catching Class 4.2

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- Dynamic warm up
 - Throwing progression
 - Talk about commanding the field
 - Set up infield- have catcher call the plays
 - Being loud
 - Bunt angles
 - Throws to bases
 - Spin on 3B line





Elite Catching Class 4.3

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- Getting back to first on pick off
 - Foot
 - Dive back
 - Stealing second
 - delayed steals
 - Sliding
 - Pop up
 - Slide by
 - Deciding which slide
 - Suicide vs. safety squeeze
 - Bunting and running
 - Catching
 - Throwing progression
 - Foul ball drill, finding back stop





Elite Catching Class 4.4

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- Dynamic warm up
 - Throwing progression
 - Talk about spins and receiving/calling pitches
 - Past ball and covering
 - Slide backs with side arm throws to home
 - With runners work on steals and pick offs
 - Block ball and pop up to throw player stealing to 2B out
 - Covering home
 - Throw from CF
 - Positioning
 - Tag with 2 hands
 - Push hip
 - Take a hit!

