



## Elite Baseball Catchers Class

### 3.1

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- \* Catcher stretches
- \* Catcher plyos
- \* Catchers catch play
- \* Proper Gear Wear
- \* Packing Gear away
- \* 3 Stances
- \* Receiving Drills





## Elite Baseball Catchers Class

**3.2**

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- \* Catcher dynamic stretch
- \* Catcher dynamic plyos
- \* Blocking Drills
- \* Footwork drills
- \* Catcher competitions





## Elite Baseball Catchers Class

**3.3**

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- \* Stretches/plyos/catch play
- \* Giving Signals
- \* Transfer drills
- \* Block & recover
- \* Communication with pitcher & team





## Elite Baseball Catchers Class

**3.4**

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- \* Catcher stretch/catch
- \* Bunts
- \* Pop times
- \* Catchers obstacle course
- \* Circle of death (blocking)

