



Elite Baseball Catchers Class

2.1

- * Catcher stretch/plyos/catch play
- * Catcher communication
- * Proper body language
- * Relationship with umpire
- * Receiving
- * Stances
- * Pop times





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2.2

- * Catcher stretch/plyos/catch play
- * Blocking and extended blocking
- * Plays at the plate
- * Pop 3 drill
- * Angled receiving





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2.3

- * Catcher stretch/plyos/catch play
- * Block & recover
- * Wild pitch recovery and play at plate
- * Down the line coverage
- * Pop ups
- * Catchers block and throw challenge
- * Mirror drill





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2.4

- * Catcher stretch/plyos/catch play
- * Challenge day
 - pop times (leaderboard)
 - block & recover challenge
 - circle of death (blocking challenge)
 - catcher bunt challenge

