



Elite Baseball Catchers Class

1.1

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





Elite Baseball Catchers Class

1.2

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





Elite Baseball Catchers Class

1.3

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





Elite Baseball Catchers Class

1.4

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

