



## WDHS – CATCH PLAY ROUTINES



### **INFIELD**

#### **EXCHANGE FOCUS**

Easy on arms, quick exchanges on throws

#### **BALL IN GLOVE – 2/4 STEP**

Fielding Position, footwork to throw and follow (90-120ft)

#### **RECEIVING TAGS**

Focus on variety of different tags

#### **LONG TOSS**

Lengthen arm out, use feet to ease throw

#### **RELAY EXCHANGES**

Prepare for 360 degree of relays (low, high, short, long)

#### **PULL DOWNS**

Ball on the line, backspin to target, miss down

#### **ON THE RUN THROWS**

Different arm angles, slow, ball to L or R

#### **IF DP ROUTINE**

Close (in, at, away) 1B – bag picks

#### **QUICK HANDS**

Quick exchanges and throws, FAST as we can

### **OUTFIELD**

#### **WRIST FLIPS**

Back spin, feel rotation

#### **10 TOES TO TARGET**

Upper body turn, release out front

#### **ROCKER STEP**

Feel into back foot/hip, fluid throw

#### **SHUFFLE THROWS**

Make feet work underneath, easy on arm (GB, FB SIM)

#### **PRO STEP**

Work through, focus on direction

#### **RANGING FROM LEFT TO RIGHT**

Backhand/throw plays vs open/spin plays (gaps)

#### **LONG TOSS**

Stretch out AFAP, loose arm, gain strength

#### **LONG HOPS**

Drop hat 15' out front, aim for long hop

### **CATCHERS**

#### **WRIST FLIPS**

Back spin, feel rotation

#### **10 TOES TO TARGET**

Upper ½, Chest & Chin on target

#### **ROCKER STEP**

Upper & Lower moves, back foot & Hip

#### **SHUFFLE TO THROW**

3 steps – L-R-L, Drive ball to target

#### **QUICK HANDS/SLOW FEET**

Transfers, Gather into R ft then drive R foot

#### **GAME SPEED THROWS TO 2B**

127' 3 3/8" Ball in glove, 3 throws

#### **GAME SPEED THROWS TO 1B & 3B**

90', 2 to 1B – 2 to 3B

#### **QUICK HANDS/QUICK FEET**

Challenge yourself to move fast!