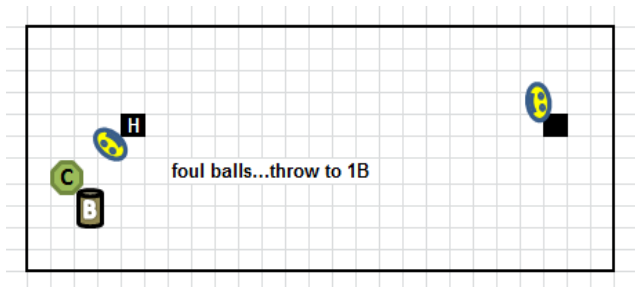




Catcher Drill #3 Foul Balls 1



Foul Balls - pick at 1B 10 mins

- Focus up/out/around (because of spin)
- Two hand catches
- Cradle the catch
- Rotate, pick at one

Drill by: Sue Hokanson