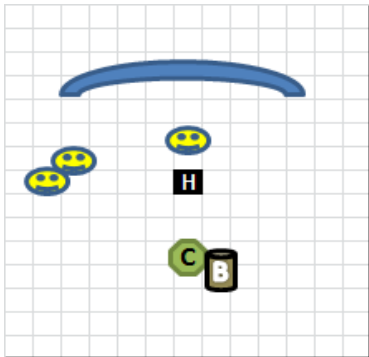




Catchers Drill #4 Framing Drill 1



Framing Drill

5 mins

Foot work first - jab step L then R
move body to square up with ball arm
extend to pitch, wrist locked (no flick or fall)
work glove alignment - thumb under and around ball
DO NOT drag a ball into 'strike zone'
bare hand ball knock down after (use T balls)

Drill by Sue Hakonen