**PURPOSE:** To improve catcher’s blocking skills.

**DRILL SETUP:**
- Outside or inside area with adequate space to move around
- Anything that resembles a Home Plate
- 5 baseballs
- - Catcher’s gear

**HOW IT WORKS:**
- Set up 5 baseballs on each corner of the plate
- Have the catcher participating in the drill set up in their normal stance behind the plate
- First, the catcher will drop down and simulate a block directly behind the plate
- After stimulating the block, pause in the blocked stance to analyze form and make any necessary changes
- Then they will rise upwards, push with their right leg and move/block behind the 3B corner (to their left)
- Move around the plate (clockwise) until all corners have been ‘blocked,’ then reverse directions and repeat, moving counter-clockwise.
- Make sure to pause after each ‘block’ to evaluate form and technique,

**MAKE IT HARDER:**
- Have someone call out a number and have the catcher simulate blocking the baseball corresponding to the number quickly. For example, if #5 corresponded with the baseball on the top-right most corner of the plate, the person would call out “5” and the catcher would position themselves to block the baseball on the top-right most corner. Make sure while evaluating the blocking technique, the head stays down to protect the chin and neck and the throwing hand stays protected behind the glove.