**PURPOSE:** To improve hand eye coordination and strengthen the receiving hand.

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

**HOW IT WORKS:**
- First have the catcher set up in their normal stance behind the plate.
- Then have someone standing 6-10 ft. away from the catcher with the bucket of baseballs.
- The person then tosses the baseball to the barehanded catcher who catches it with their glove hand and flips it quickly to the side.
- As the catcher flips the ball away, the person then throws the second baseball.
- You repeat these steps quickly until you run out of baseballs.
- Make sure the catcher uses soft/relaxed hands and a firm wrist to catch each baseball.

*This is intended to be a fast-paced drill so be sure the time in between throws is as short as possible.*

**MAKE IT HARDER:**
- To make the drill more difficult, speed up the velocity of the pitches, or throw the baseballs around the strike zone and even include some inaccurate pitches to keep the catcher guessing.