



10U

Catching

10 Professional Drill Cards

Age-calibrated drills designed for player development at every level.
Free resource from Base9 Sports — Smarter Tools for Baseball & Softball

base9sports.com

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#01

Game-Speed Stance Progression

PLAYERS

1-2

TIME

10 minutes

EQUIPMENT

Full gear, baseballs

OBJECTIVE

- Develop the two-stance system: primary (runners on) and secondary (bases empty).

SETUP

- Player in full gear, coach or partner as pitcher.

EXECUTION

- Practice primary stance (lower, ready to block) with 'runners on'
- Practice secondary stance (higher, more mobile) with 'bases empty'
- Coach calls out situations, catcher adjusts stance accordingly
- 10-12 reps switching between stances

COACHING POINTS

- Primary stance: lower center of gravity for blocking
- Secondary stance: taller for better throwing mechanics
- React to the coach's call quickly and smoothly

MAKE IT A GAME

- Stance Switch: Coach calls situations rapid-fire. Correct stance = 1pt. First to 15 wins!

#02

Lateral Blocking

PLAYERS

2

TIME

12 minutes

EQUIPMENT

Baseballs, full gear

OBJECTIVE

- Block balls thrown to both sides, not just straight on.

SETUP

- Catcher in stance. Partner throws short-hops to left, center, and right.

EXECUTION

- Partner throws a short-hop directly at the catcher
- Catcher blocks, squaring shoulders to the ball
- Repeat to the left side (shift hips, keep glove-side shoulder down)
- Repeat to the right side
- 12-15 total reps mixing directions

COACHING POINTS

- Move the body in front of the ball, don't just reach with the glove
- Keep the glove between the legs as a backstop
- Recover quickly to secure any ball that gets away

MAKE IT A GAME

- Wall Builder: Every blocked ball kept in front scores a point. Complete a 5-ball round with no misses for bonus!

#03

Throwing To Second Base

PLAYERS

3

TIME

15 minutes

EQUIPMENT

Baseballs, bases, full gear

OBJECTIVE

- Build the footwork and arm strength for throws down to second base.

SETUP

- Catcher at home. Target player at second base.

EXECUTION

- Receive a pitch from a partner
- Quick feet: right foot steps toward second, left foot follows
- Throw on a line to second base
- 10-12 throws, focusing on quick release

COACHING POINTS

- Footwork speed matters more than arm strength at this age
- Throw stays low and flat, not looping
- Release point should be over the top for accuracy

MAKE IT A GAME

- Pop Time Progress: Time each throw from catch to catch. Try to beat your own time each round!

#04

Bunt Defense Communication

PLAYERS

4-5

TIME

15 minutes

EQUIPMENT

Baseballs, bases, gloves

OBJECTIVE

- Teach catchers to call out bunt plays and direct the defense.

SETUP

- Runners on base, infield in bunt defense positions, catcher at home.

EXECUTION

- Coach or pitcher rolls a simulated bunt
- Catcher calls out the fielder's name and the base to throw to
- Catcher moves to back up the play if not fielding it
- Run 8-10 simulated bunt scenarios

COACHING POINTS

- Loud, clear, early calls prevent collisions and confusion
- Catcher is the quarterback on bunt plays
- Always know where the lead runner is before calling the play

MAKE IT A GAME

- Command Center: Correct, clear calls earn a point each. Team goal: 10 clean bunt defenses!

#05

Pop-Up Drop Step And Track

PLAYERS

2

TIME

10-12 minutes

EQUIPMENT

Baseballs

OBJECTIVE

- Learn to find and track high pop-ups behind and around home plate.

SETUP

- Coach hits or tosses high pop-ups near the plate area.

EXECUTION

- Catcher removes mask and throws it away from the play
- Drop-steps in the direction of the ball while looking up
- Tracks the ball's spin and drift, adjusts position
- Catches with two hands at chest height
- 10-12 reps in different directions

COACHING POINTS

- Pop-ups drift toward the infield due to backspin — anticipate it
- Never run backward blindly; use quick glances up and down
- Call 'Ball, ball, ball!' loudly when camping under it

MAKE IT A GAME

- Pop-Up Points: 2pts for a clean catch, 1pt for getting under it even if dropped. First to 12!

#06

Framing The Corners

PLAYERS

2

TIME

12 minutes

EQUIPMENT

Baseballs, full gear

OBJECTIVE

- Improve strike zone presentation on borderline pitches.

SETUP

- Catcher in stance, partner throwing from 40-46 feet.

EXECUTION

- Partner throws to the edges: low, high, inside, outside corners
- Catcher receives with a quiet glove and slight 'stick' at the edge
- No exaggerated pulling of the ball back toward the zone
- 15-20 reps across all four corners

COACHING POINTS

- Move the glove toward the strike, not around it
- Relaxed wrist creates a smoother, more believable catch
- Stick each pitch for a full second before resetting

MAKE IT A GAME

- Framing Grades: Coach rates each catch A/B/C. Most A's in 15 pitches wins!

#07

Blocking To Throwing Transition

PLAYERS

3

TIME

15 minutes

EQUIPMENT

Baseballs, bases, full gear

OBJECTIVE

- Combine blocking a ball in the dirt with a quick recovery throw.

SETUP

- Catcher blocks a short-hop, then a runner situation is simulated at first.

EXECUTION

- Partner throws a short-hop for the catcher to block
- Catcher secures the ball quickly, feet under body
- Makes a strong throw to a target at first or third
- 8-10 full reps of block-then-throw

COACHING POINTS

- Don't rush the transition — secure the ball first
- Push off the ground explosively to get to feet
- Accuracy over speed when the game is on the line

MAKE IT A GAME

- Block & Fire: Clean block + accurate throw = 3pts. Block only = 1pt. First to 15 wins!

#08

Calling Pitches Basics

PLAYERS

2

TIME

10 minutes

EQUIPMENT

Baseballs

OBJECTIVE

- Introduce simple pitch-calling and target-setting concepts.

SETUP

- Catcher and a pitcher (coach or player) working a simulated at-bat.

EXECUTION

- Catcher gives signs for fastball location: in, out, up, down
- Sets target before the pitcher starts the windup
- Pitcher throws to the called location
- Run through 10-12 simulated pitches

COACHING POINTS

- Simple signs at this age: pointing finger for location is fine
- Consistency in target-setting helps young pitchers develop control
- Catchers should think about sequencing as they mature

MAKE IT A GAME

- Call & Deliver: Pitcher hits the called location = 2pts for the team. Team goal: 15 points!

#09

Tag Plays At The Plate

PLAYERS

3-4

TIME

15 minutes

EQUIPMENT

Baseballs, home plate, gloves

OBJECTIVE

- Practice safely blocking the plate and applying tags on incoming runners.

SETUP

- Catcher at home, a thrower simulating a relay from the outfield, a jogging 'runner.'

EXECUTION

- Catcher sets up in front of the plate, not directly on it
- Receives the throw and turns to face the incoming runner
- Applies a sweep tag with two hands protecting the ball
- Repeat with runners coming from both directions

COACHING POINTS

- Never block the plate without the ball — safety first
- Two hands on the tag protects against collisions
- Give the runner a lane to slide unless applying the tag

MAKE IT A GAME

- Safe or Out: Coach calls the play. Correct tag technique earns a point regardless of the call!

#10

Full Game Simulation Behind The Plate

PLAYERS

4-6

TIME

18-20 minutes

EQUIPMENT

Full gear, baseballs, bases

OBJECTIVE

- Put all 10U catching skills together in a live, game-like setting.

SETUP

- Catcher behind the plate with a live or simulated pitcher, runners on bases.

EXECUTION

- Catcher receives pitches, calls situations, and reacts to base attempts
- Coach randomly calls for a steal attempt, a bunt, or a passed ball
- Catcher must react correctly to each scenario
- Run through 8-10 live scenarios

COACHING POINTS

- This is where all the individual skills come together
- Encourage loud, clear communication throughout
- Debrief after each scenario with one specific piece of praise

MAKE IT A GAME

- MVP Catcher: Coach awards points for hustle, communication, and technique. Most points wins team MVP!