

Catch-and-Throw Fundamentals at Distance

Outdoor	2 hours	Arm-load: Light — everything stays inside 120 ft,...
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OBJECTIVE

Before anything else gets built this season, a kid needs to catch what's thrown at him and get it back on a line. Both benchmarks live at the same distance — 75 ft — so today's whole practice can train at one number and get good at it.

BENCHMARKS THIS PLAN FEEDS

- B1 — Catch at distance
- B2 — Throw with mechanics

PREP — BEFORE PLAYERS ARRIVE

Equipment	Baseballs + gloves + bases + cones
Setup	Mark 75 ft lines at three or four spots around the field with cones so groups don't have to guess the distance.

PRACTICE TIMELINE

0:00-0:10	Dynamic warm-up (10 min) Run the routine, all 12 movements, down and back on each. Card's on its own sheet.
0:10-0:20	Catch play (10 min) Start it short. Wrist flicks at 10 ft, knees at 20, feet set at 40, then out to 75 ft and back down on a line. Nobody throws past 120 ft today — the whole practice stays inside that number. — Two hands, glove out front, on every catch, even the easy ones. The habit you want at game speed gets built on the boring reps.
0:20-0:30	IF/OF/C daily work (10 min) Send infielders and outfielders to separate grass with a partner, catchers to the pitching area with a coach. — Drills: Short-hop exchange for infielders, drop-step-and-go for outfielders, block-and-recover for catchers
0:30-1:10	Attack benchmark 1 — Catch at distance (40 min) Partners at 75 ft, four rounds of 10 minutes rotating through chest-high, above-head, and to-the-side feeds. — Chest-high first — that's the baseline catch, and it needs to be automatic before the harder ones mean anything. — Above-head next: hands up early, don't wait for the ball to get there. A kid who tracks it into his chest before raising his glove is going to drop it. — To-the-side last, both directions: glove leads, feet follow. The miss here is almost always a guy catching it across his body instead of turning to it. — Keep every throw honest — a partner who lobs it to make the catch easy isn't helping anybody.
1:10-1:50	Attack benchmark 2 — Throw with mechanics (40 min) Same pairs, same 75 ft line, four rounds of 10 minutes. — Shuffle into every throw. Feet, hips, then arm — a kid who throws with just his arm is the one who comes up sore in July. — Elbow above the shoulder on release, front side firm and pointed at the target. A throw that sails is almost always a dropped elbow underneath it. — Chest-high target, 7 of 10 is the standard. A partner who's honest about a borderline strike is worth more than one who pads it for him. — Last round, mix in the above-head and to-the-side feeds from the block before — a throw has to come off balance sometimes, and this is where that gets built.

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1:50-2:00

Baserunning work (10 min)

Primary lead off each base, secondary lead as the pitch is thrown — shuffle, shuffle, last step landing as the ball reaches the plate. Cue: "your last step lands when the catcher catches it."

COACH'S NOTES

This is the least exciting practice in the library and probably the one that decides how the rest of the season goes. A kid who can't catch a chest-high throw or get one back on a line isn't ready for anything more complicated, and at this age that gap is bigger than most coaches expect walking in. Take the extra few minutes on a group that isn't clearing 7 of 10 instead of moving the whole team along on schedule.