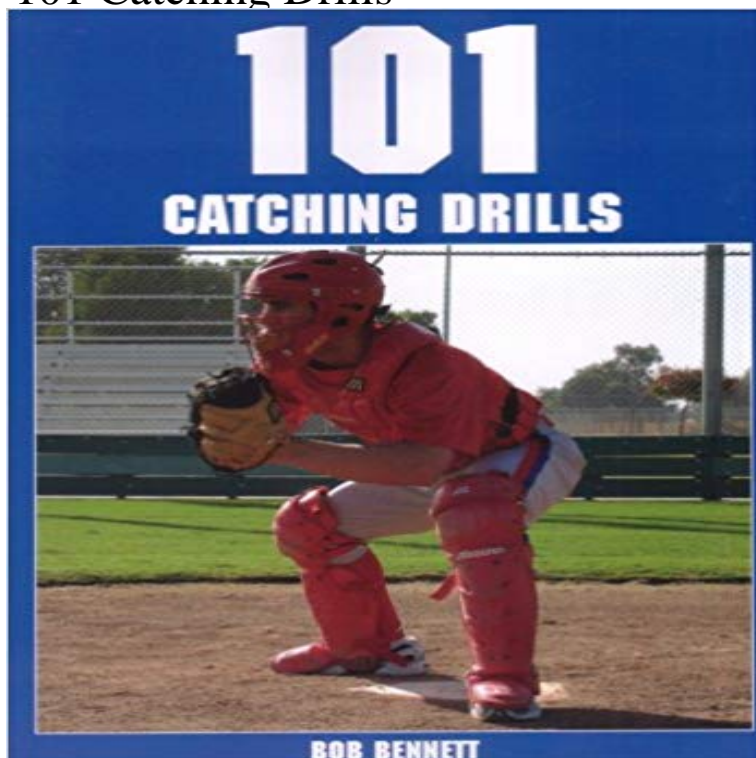


101 Catching Drills



Drills are an integral part of the success of any catcher, but catchers are often short-changed in practice. 101 Catching Drills presents more than 100 drills to help develop the skills of catchers of all ages and ability levels. Covers stance drills, footwork drills, throwing drills, receiving drills, blocking drills, bunt defense drills, pop fly drills, and situation drills. Each drill is thoroughly explained, and the book features over 130 diagrams and illustrations to make the drills easy to learn and apply.

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