

Catcher Expectations During Bullpen Sessions

- 1.) This is your practice time... work on receiving and blocking.
- 2.) Get in a good stance every pitch
- 3.) Work on receiving every pitch
- 4.) Block any ball in the dirt
- 5.) Pre-select pitches to work on T-Drill
- 6.) Get to know your pitchers, what pitches can they throw in what counts
- 7.) Learn to use the wrist numbers.
- 8.) Switch between primary and secondary stances
- 9.) Work on your first base pickoff footwork.
- 10.) Scramble to every ball you block.
- 11.) If you are not catching you should be umpiring, or standing in as a hitter.