

LEVEL: HOME RUN

HOME RUN – RECEIVING

With a partner or a coach standing in front of the athlete at 15 feet, the athlete will receive five ground balls, five fly balls and five thrown balls. In all cases, the athlete must catch all of them.

Below is an activity which can be used to prepare for this skill.

ACTIVITY “ALL MESSED UP” (18)

[Click here](#) for video demonstration

Goal: Help athletes catch the ball from every direction.

Description: In pairs with no gloves, athletes face each other about six feet apart. Stationary, athletes throw the ball up in the air, left, right, and below the waist; the receiving athlete must catch the ball without moving their feet.

Equipment: Various balls

VARIATIONS AND PROGRESSION:

- A. Use gloves
- B. Use tennis balls
- C. Use foam balls

KEY POINTS

- *Put thumbs together when catching the ball chest high or higher, to the left and right*
- *Put pinky fingers together when catching the ball below the waist*
- *Fingers always pointing to the outside*
- *Catch the ball using both hands*