

The Pudge Drill

Testing Transition from Catch to Throw – Speed & Accuracy

- ❖ Catcher gets in squat behind the plate. Must have gear on!
- ❖ Player catches ball from machine – comes up and fires to second base.
- ❖ The clock starts when the ball enters machine and stops when the ball hits target or goes beyond.
- ❖ Throws are graded on 0 – 3 scale or yes/no target scale.
- ❖ Repeat Drill for pick-offs at 1st base and 3rd base.



1 pt
2 pts
3 pts

2 nd Base		1 st Base		3 rd Base				
<u>TIME</u>	<u>POINTS</u>	<u>TIME</u>	<u>POINTS</u>	<u>TIME</u>	<u>POINTS</u>			
T1	_____	_____	T1	_____	_____	T1	_____	_____
T2	_____	_____	T2	_____	_____	T2	_____	_____
T3	_____	_____	T3	_____	_____	T3	_____	_____
T4	_____	_____	T4	_____	_____	T4	_____	_____
AVG TIME: _____		AVG TIME: _____		AVG TIME: _____				
SCORE: _____		SCORE: _____		SCORE: _____				