

Two Catcher Throwing

Set up one catcher at 2nd base and one at home plate. Either have a coach or another catcher throw pitches to them. They take turns throwing to “2nd base,” even though 2nd base may be back toward home plate.

Then move the catcher at 2nd base to 3rd base. The catcher at home plate will be practicing throws to 3rd, and catcher at third will be throwing back to the plate simulating a pick off at first.

Lastly, move the catcher at 3rd base over to 1st base. The catcher at home plate will be practicing pickoffs to 1st, and the catcher at 1st base will be throwing back to the plate practicing a throw to 3rd.

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