

8 WEEK  
8 WEEK  
8 WEEK  
**8 WEEK**

**CATCHER RECEIVING  
& VELOCITY PROGRAM**

 **DRIVELINE**  
BASEBALL

This program is a combination of two catcher development programs:

## 1 Receiving Program:

This program is an introduction to Driveline's catching program and utilizes training implements to develop technique and decision making in framing and blocking.

## 2 Velocity Training Program:

This ballistic training program is 6 weeks of high intent throwing aimed to increase velocity and overall arm fitness for catchers.

### Who this program is for:

Athletes who are dedicated to developing their catching skills. The throwing portion of the program is designed for physically mature athletes who are fully on-ramped, and are returning to high intent throwing.

### How to execute the program:

This blog is a walkthrough of this program. It goes over the do's and don'ts and how you can get the most of the program. Read it. There will be a throwing workout and a receiving workout to do each day besides the off days. Track your progress. If you are also hitting and lifting during this time, we recommend your off days matching up with the off or recovery days in this program. Take recovery days as exactly that, recovery.

TRAQ QR code and instructions to "Track Your Progress!"

- Go to [Traq.drivelinebaseball.com](https://Traq.drivelinebaseball.com)
- Sign in or create your free account
- After going through the walkthrough, head to the templates tab on the left. Open Pitching > Base Software Programming > Free Catcher Velocity Program.
- Drag and drop the workout into your profile on your desired start date.
- When you begin workouts, you will see "Input Data" associated with an exercise in the workout. This is where you can input your numbers to track your progress. Results will show up in the "Tracking Sheets" tab.

TRAQ can do a lot more than track progress. You can create your own programs, goals, and tracking sheets, and connect common baseball technologies like Pulse, Blast, and Rapsodo.



# Catcher 8-Week Velocity Program



## Objective of the Program

This velocity program is designed to build workload, increase velocity, and improve accuracy of catcher throws.

## Programming Notes

Target Athletes: We recommend this program for catchers that are mostly 16 years or older, and are returning to high volume, high intent training.

## When to Start

Establish the week that your season, team practice, or next phase will start. Once that target date is established, count backwards 7 weeks to establish the start date. If you need to on-ramp, add another 4-6 weeks to get the arm in shape for high intent throwing.

Phase	Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
On-Ramp	Week 1	Off	Recovery	Hybrid B	Recovery	Hybrid B*	Recovery	Hybrid B*
	Week 2	Off	Recovery	Hybrid B	Recovery	Hybrid A	Recovery	Hybrid B*
	Week 3	Off	Recovery	Hybrid A	Recovery	Hybrid B*	Recovery	Hybrid A
	Week 4	Off	Recovery	Hybrid A	Recovery	Hybrid B*	Recovery	Hybrid A
Plyo Velo	Week 5	Off	Recovery	Plyo Velo	Recovery	Hybrid B	Recovery	Hybrid A
Plyo Velo + Throwdowns	Week 6	Off	Recovery	Plyo Velo	Recovery	Recovery	Recovery	Velocity
	Week 7	Off	Recovery	Plyo Velo	Recovery	Recovery OR Hybrid B	Recovery	Velocity*
	Week 8	Off	Recovery	Plyo Velo	Recovery	Hybrid B*	Recovery	Velocity*

# Throwing & Receiving Workouts

to be completed each day as specified.



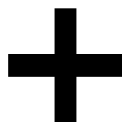
Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	Off	Recovery	Hybrid B	Recovery	Hybrid B*	Recovery	Hybrid B*
		RW #1 (Week 1&2)	RW #2 (Week 1&2)	RW #3 (Week 1&2)	RW #1 (Week 1&2)	RW #2 (Week 1&2)	RW #3 (Week 1&2)
Week 2	Off	Recovery	Hybrid B	Recovery	Hybrid A	Recovery	Hybrid B*
		RW #1 (Week 1&2)	RW #2 (Week 1&2)	RW #3 (Week 1&2)	RW #1 (Week 1&2)	RW #2 (Week 1&2)	RW #3 (Week 1&2)
Week 3	Off	Recovery	Hybrid A	Recovery	Hybrid B*	Recovery	Hybrid A
		RW #1 (Week 3-5)	RW #2 (Week 3-5)	RW #3 (Week 3-5)	RW #1 (Week 3-5)	RW #2 (Week 3-5)	RW #2 (Week 3-5)
Week 4	Off	Recovery	Hybrid A	Recovery	Hybrid B*	Recovery	Hybrid A
		RW #1 (Week 3-5)	RW #2 (Week 3-5)	RW #2 (Week 3-5)	RW #1 (Week 3-5)	RW #2 (Week 3-5)	RW #2 (Week 3-5)
Week 5	Off	Recovery	Plyo Velo	Recovery	Hybrid B	Recovery	Hybrid A
		RW #1 (Week 3-5)	RW #2 (Week 3-5)	RW #2 (Week 3-5)	RW #1 (Week 3-5)	RW #2 (Week 3-5)	RW #2 (Week 3-5)
Week 6	Off	Recovery	Plyo Velo	Recovery	Recovery	Recovery	Velocity
		RW #1 (Week 6-8)	RW #2 (Week 6-8)	RW #3 (Week 6-8)	RW #1 (Week 6-8)	RW #2 (Week 6-8)	RW #3 (Week 6-8)
Week 7	Off	Recovery	Plyo Velo	Recovery	Hybrid B* OR Recovery	Recovery	Velocity
		RW #1 (Week 6-8)	RW #2 (Week 6-8)	RW #3 (Week 6-8)	RW #2 (Week 6-8)	RW #2 (Week 6-8)	RW #3 (Week 6-8)
Week 8	Off	Recovery	Plyo Velo	Recovery	Recovery	Recovery	Velocity
		RW #1 (Week 6-8)	RW #2 (Week 6-8)	RW #3 (Week 6-8)	RW #2 (Week 6-8)	RW #2 (Week 6-8)	RW #3 (Week 6-8)

RW = Receiving Workout



# Sample Day Plan:

## Throwing Program



1	90/90 Switches w/Reach	10 total
	Rocking Ankle Mobs	8 each ankle
	Supine Hip Flexion w/ Knee Hinge & Leg Whips	10 total leg extensions & 10 leg whips

## PlyoCare

Green Plyo Roll-ins	x10
Green Plyo Sticks	x10
Blue Plyo Gloveside/Armside	2x10
Gray Plyo Speed Toss Middle/In/Out	3x6
Blue Plyo Middle/Gloveside/Armside Exchange & Footwork 2B	3x3
Gray Plyo Mix w/Runner Call (2B/3B)	2x8

## Toss

Two Knee Speed Exchange	x20
Shuffle Side Exchange	x10
One-Knee Pops to 1B/2B/3B	3x3
11oz WB Middle/In/Out	3x10
11oz WB Mix	x10
11oz WB Mix w/Runner Call	x10
5oz Mix Location	x10
5oz Mix Location w/Runner Call	x10

## Machine: Glove starts on the ground for first two drills

Fastballs Low Middle, Armside, Gloveside	6x12
Fastballs Mix	2x12
Fastballs Mix w/Runner Call	2x12

Warm-Up		
Exercise	Sets	Reps
Foam Roll	1	10s per pass, full body
Lacrosse Ball Rollout	1	Roughly 20s per body part or to tolerance
Jaeger Band Series	1	10 reps per exercise
Wrist Weight Series	1	10 reps per exercise
Shoulder Tube	1	10s per exercise

Recovery	
Exercise	Reps
Multi-Planar Hip Flexor Stretch w/Overhead Reach	30-60 Secs
Pull-Apart Band Halo's	30-60 Secs
Banded Isometrics (Iso Routine): Extension/Flexion Abduction/Adduction External Rotation/Internal Rotation	2x5 Sec Holds at each position

Throwing		
Exercise	Sets	Reps
PlyoCare Reverse Throws	1	10 reps with 1 kg AND 2kg balls
PlyoCare Pivot Pickoffs	1	10 reps with 1 kg AND 2kg balls
PlyoCare Roll-In Throws	1	5 reps with 1 kg AND 450g balls
PlyoCare Catcher Step Backs	2	1 throw each with blue, red, yellow, gray
PlyoCare Drop Steps	2	1 throw each with blue, red, yellow, gray
PlyoCare Half Stance	2	1 throw each with blue, red, yellow, gray
Long Toss (Extension + Compression)	1	5 throws each to start - 11oz, 9oz, 7oz 5oz throws to tolerance (Extension Phase) 8-12 Compression throws

# Velocity Day



This is a high intent throwing day with throwdowns to bases. Use catch play to prepare for those. There are two different types of throwdown exercises, one for weeks 3&4 and one for weeks 5&6. Use a radar gun to track the velocity of your throwdowns.

## Warm-Up

Exercise	Sets	Reps
Foam Roll	1	10s per pass, full body
Lacrosse Ball Rollout	1	Roughly 20s per body part or to tolerance
Full Dynamic Warmup		
<u>Jaeger Band Series</u>	1	10 reps per exercise
<u>Wrist Weight Series</u>	1	10 reps per exercise

## Recovery

Exercise	Reps
<u>Multi-Planar Hip Flexor Stretch w/ Overhead Reach</u>	30-60 Secs
<u>Pull-Apart Band Halo's</u>	30-60 Secs
Banded Isometrics (Iso Routine): <u>Extension/Flexion</u> <u>Abduction/Adduction</u> <u>External Rotation/Internal Rotation</u>	2x5 Sec Holds at each position

## Throwing

Exercise	Sets	Reps
<u>PlyoCare Reverse Throws</u>	1	10 reps with 1 kg AND 2kg balls
<u>PlyoCare Pivot Pickoffs</u>	1	10 reps with 1 kg AND 2kg balls
<u>PlyoCare Roll-In Throws</u>	1	5 reps with 1 kg AND 450g balls
<u>PlyoCare Catcher Step Backs</u>	1	1 throw each with blue, red, yellow, gray
<u>PlyoCare Half Stance</u>	1	1 throw each with blue, red, yellow, gray
<u>Long Toss</u>	1	Extension Phase in Preparation for Throwdowns
*Throwdowns Short Spread (Week 3/4)	1	3-4 throws each (5, 6, 4); first throw at 80% (Take at least 1 minute rest between ball weights)
*Throwdowns Long Spread (Week 5/6)	1	2-3 throws each (5, 6, 7, 5, 4, 3); first throw at 80% (Take at least 1 minute rest between ball weights)

# Plyo Velo



Use first two PlyoCare drills to warm up. Radar Blue Roll-ins, Stepbacks, Drop-Steps, and Half Stance.

## Warm-Up

Exercise	Sets	Reps
Foam Roll	1	10s per pass, full body
Lacrosse Ball Rollout	1	Roughly 20s per body part or to tolerance
<u>Jaeger Band Series</u>	1	10 reps per exercise
<u>Wrist Weight Series</u>	1	10 reps per exercise

## Recovery

Exercise	Reps
<u>Multi-Planar Hip Flexor Stretch w/Overhead Reach</u>	30-60 Secs
<u>Pull-Apart Band Halo's</u>	30-60 Secs
Banded Isometrics (Iso Routine): <u>Extension/Flexion</u> <u>Abduction/Adduction</u> <u>External Rotation/Internal Rotation</u>	5x5 Sec Holds at each position

## Throwing

Exercise	Sets	Reps
<u>PlyoCare Reverse Throws</u>	1	10 reps with 1 kg AND 2kg balls
<u>PlyoCare Pivot Pickoffs</u>	1	10 reps with 1 kg AND 2kg balls
<u>PlyoCare Roll-In Throws</u>	1	3 reps with 1 kg ball, 5 reps with 450g ball
<u>PlyoCare Catcher Step Backs</u>	2	1 throw each with blue, red, yellow, gray
<u>PlyoCare Drop Step Throws</u>	2	1 throw each with blue, red, yellow, gray
<u>PlyoCare Half Stance</u>	2	1 throw each with blue, red, yellow, gray

# Recovery



All PlyoCare and light catch throws done at NO MORE THAN 60% RPE.

## Warm-Up

Exercise	Sets	Reps
Foam Roll	1	10s per pass, full body
Lacrosse Ball Rollout	1	Roughly 20s per body part or to tolerance
<u>Jaeger Band Series</u>	1	10 reps per exercise
<u>Wrist Weight Series</u>	1	10 reps per exercise

## Throwing

Exercise	Sets	Reps
<u>PlyoCare Reverse Throws</u>	2	10 reps with 1 kg AND 2 kg balls
<u>PlyoCare Pivot Pickoffs</u>	1	10 reps with 1 kg AND 2 kg balls
Light Catch	1	Throws to tolerance. 60% RPE Max.

## Recovery

Exercise	Sets	Reps
<u>PlyoCare Rebounders (circuit)</u>	3	10 reps with 1 kg AND 2 kg balls
<u>Band Pullaparts (circuit)</u>	3	Roughly 20s per body part or to tolerance
<u>Waiter Walks (circuit)</u>	3	approx 20 yards
<u>Upward Tosses</u>	2	15 reps with 2 kg ball



# Hybrid B



All PlyoCare reps done @ 60-70% RPE. Use this day to work on things like your arm path, at a lower intent level. There are “Hybrid B\*” and “Hybrid B” days which include weighted ball throws or not, respectively. “Hybrid B\*” days will include weighted ball throws at the beginning of catch play. “Hybrid B” days include catch play without weighted balls. This is a light intent day.

## Warm-Up

Exercise	Sets	Reps
Foam Roll	1	10s per pass, full body
Lacrosse Ball Rollout	1	Roughly 20s per body part or to tolerance
<u>Jaeger Band Series</u>	1	10 reps per exercise
<u>Wrist Weight Series</u>	1	10 reps per exercise

## Recovery

Exercise	Reps
<u>PlyoCare Rebounders</u>	10 reps with 1 kg AND 2 kg balls
<u>Band Pullaparts</u>	10 reps per exercise
<u>Waiter Walks (circuit)</u>	approx 20 yards
<u>Upward Tosses</u>	15 reps with 2 kg ball

## Throwing

Exercise	Sets	Reps
<u>PlyoCare Reverse Throws</u>	1	10 reps with 1 kg AND 2 kg balls
<u>PlyoCare Pivot Pickoffs</u>	1	10 reps with 1 kg AND 2 kg balls
<u>PlyoCare Roll-In Throws</u>	1	10 reps with 1 kg AND 450g balls
<u>PlyoCare Catcher Step Backs</u>	2	1 throw each with blue, red, yellow, gray
<u>PlyoCare Drop Step Throws</u>	2	1 throw each with blue, red, yellow, gray
<u>PlyoCare Half Stance</u>	1	1 throw each with blue, red, yellow, gray
Weighted Ball Catch Play (Only on Hybrid* days)	1	5 throws each - 11oz, 9oz, 7oz 5oz throws to tolerance (~70% RPE) 5 throws with 4oz (This throwing is only done on Hybrid* days)
<u>Long Toss (Only on Hybrid B days)</u>	1	Extension Phase - Max distance without going over 70% RPE

# Hybrid A



All PlyoCare reps done 80-90%. This is a higher intent day with catch play involving both Extension and Compression throws.

## Warm-Up

Exercise	Sets	Reps
Foam Roll	1	10s per pass, full body
Lacrosse Ball Rollout	1	Roughly 20s per body part or to tolerance
<u>Jaeger Band Series</u>	1	10 reps per exercise
<u>Wrist Weight Series</u>	1	10 reps per exercise

## Recovery

Exercise	Reps
<u>Multi-Planar Hip Flexor Stretch w/Overhead Reach</u>	30-60 Secs
<u>Pull-Apart Band Halo's</u>	30-60 Secs
Banded Isometrics (Iso Routine): <u>Extension/Flexion</u> <u>Abduction/Adduction</u> <u>External Rotation/Internal Rotation</u>	5x5 Sec Holds at each position

## Throwing

Exercise	Sets	Reps
<u>PlyoCare Reverse Throws</u>	1	10 reps with 1 kg AND 2kg balls
<u>PlyoCare Pivot Pickoffs</u>	1	10 reps with 1 kg AND 2kg balls
<u>PlyoCare Roll-In Throws</u>	1	5 reps with 1 kg AND 450g balls
<u>PlyoCare Catcher Step Backs</u>	2	1 throw each with blue, red, yellow, gray
<u>PlyoCare Drop Steps</u>	2	1 throw each with blue, red, yellow, gray
<u>PlyoCare Half Stance</u>	2	1 throw each with blue, red, yellow, gray
<u>Long Toss (Extension + Compression)</u>	1	5 throws each to start - 11oz, 9oz, 7oz 5oz throws to tolerance (Extension Phase) 8-12 Compression throws

1	90/90 Switches w/Reach	10 total
	Rocking Ankle Mobs	8 each ankle
	Supine Hip Flexion w/ Knee Hinge & Leg Whips	10 total leg extensions & 10 leg whips
2	Split Stance Kneeling Adductor Mobs	2x20 secs side
	Deadbugs	2x15
	Prone Hip CARs	5 each leg
3	Seated Ankle CARs	30 secs each ankle
	Frog Stretch w/Liftoff	x6
	Hip Raise w/Lateral Leg Lift	x8

### Sample Dynamic

High Knee Jog/Backpedal

Butt Kick Jog/Backpedal

Carioca

High Knee Rhythm Skips

Open Gate/Close Gate Skips

Punter Kicks/RDL's w/Reach

Forward Lunge w/Twist

Reverse Lunge w/Overhead  
Reach

Side Lunge

Bearcrawl

Over/Under's

Spriderman Crawl

Jog to Sprint

Breaks (Baserunning Stance,  
5 yard sprint)

These exercises are meant to be done before your receiving workout. You will rotate through these each day for a total of 2x/week with one off day. Also pictured here is a sample "Dynamic Warmup" that you can use before you begin training for the day.

# WEEK 1-2

## Receiving Workouts

1

PlyoCare	
<u>Green Plyo Roll-ins</u>	x10
<u>Green Plyo Sticks</u>	x10
<u>Blue Plyo Gloveside/Armside</u>	2x10
<u>Gray Plyo Speed Toss Middle/In/Out</u>	3x6
<u>Blue Plyo Middle/Gloveside/Armside Exchange &amp; Footwork 2B</u>	3x3
<u>Gray Plyo Mix w/Runner Call (2B/3B)</u>	2x8

Toss	
<u>Two Knee Speed Exchange</u>	x20
<u>Shuffle Side Exchange</u>	x10
<u>One-Knee Pops to 1B/2B/3B</u>	3x3
<u>11oz WB Middle/In/Out</u>	3x10
<u>11oz WB Mix</u>	x10
<u>11oz WB Mix w/Runner Call</u>	x10
<u>5oz Mix Location</u>	x10
<u>5oz Mix Location w/Runner Call</u>	x10

Machine: Glove starts on the ground for first two drills	
<u>Fastballs Low Middle, Armside, Gloveside</u>	6x12
<u>Fastballs Mix</u>	2x12
<u>Fastballs Mix w/Runner Call</u>	2x12

2

Blocking Warmup	
<u>Kips (Down/Up)</u>	2x4
<u>Kips (2 sets of each Right/Left)</u>	2x3

PlyoCare	
<u>Mini Plyo Elevators</u>	2x10
<u>Mini Plyo Low Middle</u>	x10
<u>Mini Plyo Low Gloveside</u>	x10
<u>Mini Plyo Low Armside</u>	x10
<u>Mini Plyo Low Mix</u>	2x10
<u>Mini Plyo Mix w/Runner Call</u>	2x6
<u>Blue Plyo Receive/Block Mix (Glove)</u>	2x8
<u>Blue Plyo Receive/Block/Footwork (RBF's) (Glove)</u>	2x9

Toss	
<u>Kills</u>	2x10
<u>Glove Down Blocks Middle/Armside/Gloveside</u>	3x5
<u>Alt 3 Receive/1 Full Block &amp; Recover (2 Blocks Middle/Right/Left)</u>	2x12

Machine	
<u>RH Breaking Ball (Glove down first set)</u>	2x10
<u>RH Breaking Ball Blocks</u>	2x6
<u>LH Breaking Ball (Glove down first set)</u>	2x10
<u>LH Breaking Ball Blocks</u>	2x6

3

PlyoCare	
<u>Green Plyo Roll-ins</u>	x10
<u>Green Plyo Sticks w/WW</u>	x8
<u>Green Plyo Sticks</u>	x8
<u>Blue Plyo Elevators w/WW</u>	x8
<u>Gray Plyo Elevators</u>	x8
<u>Blue Plyo Armside w/WW (First Set)</u>	2x8
<u>Blue Plyo Gloveside w/WW (First Set)</u>	2x8
<u>Alternating Blue Plyo Low &amp; Slow/Gray Plyo High &amp; Firm</u>	x10
<u>Gray Plyo Speed Toss Mix</u>	x10

Toss	
<u>11oz Elevators</u>	2x12
<u>5oz Elevators</u>	x12
<u>11oz Mix</u>	2x12
<u>5oz Mix</u>	x12

Machine	
<u>Big Slow Breaking Ball - Elevators</u>	2x12
<u>Fastballs - Elevators</u>	2x12
<u>Big Slow Breaking Ball</u>	2x12
<u>Fastballs</u>	2x12

1

PlyoCare	
<u>Green Plyo Roll-ins</u>	x10
<u>Green Plyo Sticks</u>	x10
<u>Blue Plyo Armside Alt Low/Mid Height</u>	2x10
<u>Gray Plyo Armside Speed Toss</u>	x10
<u>Blue Plyo Gloveside Alt Low/High</u>	2x10
<u>Gray Plyo Gloveside Speed Toss</u>	x10
<u>Gray Middle/Gloveside/Armside Exchange &amp; Footwork 2B</u>	3x3
<u>Gray/Blue Plyo Mix w/Runner Call (2B/3B)</u>	2x8

Toss	
<u>Two Knee Speed Exchange</u>	x20
<u>Side Shuffle Exchange</u>	x10
<u>One-Knee Pops to 1B/2B/3B</u>	3x3
<u>Picks (Footwork &amp; Exchange on Ball in Dirt)</u>	3x3
<u>Alt Receive/Footwork/Pick</u>	3x3
<u>11oz WB Middle/In/Out</u>	3x10
<u>11oz WB Mix</u>	x10
<u>11oz WB Mix w/Runner Call</u>	x10
<u>5oz Mix Location</u>	x10
<u>5oz Mix Location w/Runner Call</u>	x10

Machine: (Glove Down Optional)	
<u>3-Plate Fastballs Low Middle, Armside, Gloveside (4 at each plate)</u>	6x12
<u>3-Plate Fastballs Mix (4 at each plate)</u>	2x12
<u>3-Plate Fastballs Mix w/Runner Call (4 at each plate)</u>	2x12

2

Blocking Warmup	
<u>Kips (Down, Right, Left)</u>	3x3
<u>Directional Kips (Partner Point)</u>	2x5

PlyoCare	
<u>Mini Plyo Elevators</u>	2x10
<u>Mini Plyo Middle Fast/Slow</u>	x10
<u>Mini Plyo Armside Fast/Slow</u>	x10
<u>Mini Plyo Gloveside Fast/Slow</u>	x10
<u>Mini Plyo Mix</u>	2x10
<u>Mini Plyo Mix w/Runner Call</u>	2x6
<u>Blue Plyo Receive/Block (Glove)</u>	2x6
<u>Blue Plyo Receive/Block/Footwork (RBF's) (Glove)</u>	2x6

Toss	
<u>Kills</u>	1x10
<u>Kills/Receive Mix</u>	1x10
<u>Full Blocks (Middle/Right/Left)</u>	3x3
<u>Alt 3 Receive/1 Full Block &amp; Recover (2 Blocks Middle/Right/Left)</u>	2x12
<u>4oz Overspeed Block &amp; Recover</u>	3x3
<u>Receive/Block Mix</u>	2x8

Machine: Setup middle for first set and armside(RH)/glove-side(LH) for second set	
<u>3-Plate RH Breaking Ball</u>	2x12
<u>RH Breaking Ball Blocks</u>	2x6
<u>3-Plate LH Breaking Ball</u>	2x12
<u>LH Breaking Ball Blocks</u>	2x6

3

PlyoCare	
<u>Black Plyo Roll-ins</u>	x10
<u>Blue Plyo Elevators</u>	x10
<u>Gray Plyo Elevators</u>	x10
<u>Blue Plyo Low Pitch Middle/Armside/Gloveside w/WW</u>	3x5 (1 set per location)
<u>Blue Plyo High Pitch w/WW</u>	x6
<u>Blue Plyo High/Low Mix w/WW</u>	x8
<u>Gray Plyo High/Low Mix</u>	x12
<u>Gray Plyo High/Low Mix w/Runner Call</u>	x12

Toss	
<u>11oz Elevators w/WW</u>	x12
<u>11oz Elevators</u>	x12
<u>5oz Elevators</u>	x12
<u>11oz Mix w/WW</u>	x12
<u>11oz Mix</u>	x12
<u>5oz Mix</u>	x12

Machine	
<u>Alternate Sets</u>	
<u>Big Slow Breaking Ball Low-Elevators Fastballs Low - Elevators</u>	4x12
<u>Big Slow Breaking Ball Armside/Gloveside Fastballs Armside/Gloveside</u>	4x12

# WEEK 5-8

## Receiving Workouts

1

PlyoCare	
<u>Black/Green Plyo Roll-ins</u>	x10
<u>Green Plyo Sticks w/WW</u>	x8
<u>Green Plyo Misses Armside/Glove-side (Location Opposite Setup)</u>	2x8
<u>Blue Plyo Gloveside Mix</u>	x10
<u>Gray Plyo Gloveside Speed Toss</u>	x10
<u>Angle Blue Plyo</u>	x10
<u>Angle Gray Plyo Speed Toss</u>	x10
<u>Gray Middle/Gloveside/Armside Exchange &amp; Footwork 2B</u>	3x3
<u>Gray/Blue Plyo Mix w/Runner Call (2B/3B)</u>	2x8
Toss	
<u>Two Knee Speed Exchange Mix</u>	x20
<u>Side Shuffle Exchange</u>	x10
<u>One-Knee Pops to 1B/2B/3B</u>	3x3
<u>Picks (Footwork &amp; Exchange on Ball in Dirt)</u>	3x3
<u>Receive/Pick &amp; Footwork Mix</u>	3x3
<u>11oz WB Mix</u>	2x10
<u>11oz WB Mix w/Runner Call</u>	x10
<u>5oz Mix</u>	x10
<u>5oz Mix w/Runner Call</u>	x10
Machine	
<u>Fastballs Armside/Gloveside</u>	2x10
<u>Fastballs Misses (Location Opposite Setup)</u>	2x10
<u>RH Sliders (Angled Setup)</u>	2x10
<u>RH Sliders (Setup Middle)</u>	2x10
<u>RH Sliders (Setup Armside)</u>	2x10

2

Blocking Warmup	
<u>Kips (Right/Left)</u>	2x5
<u>Directional Kips</u>	2x5
PlyoCare	
<u>Mini Plyo Elevators Fast/Slow</u>	2x10
<u>Mini Plyo Middle Mix</u>	x10
<u>Mini Plyo Armside Mix</u>	x10
<u>Mini Plyo Gloveside Mix</u>	x10
<u>Mini Plyo Mix</u>	2x10
<u>Mini Plyo Mix w/Runner Call</u>	2x6
<u>Blue Plyo Receive/Block Mix(Glove)</u>	2x6
<u>Blue Plyo Receive/Block/Footwork Mix (RBF's) (Glove)</u>	3x10
Toss	
<u>Alternate Kills/Receive</u>	x12
<u>Kills/Receive Mix</u>	x12
<u>Full Blocks (Middle/Right/Left)</u>	3x3
<u>4oz Overspeed Receive/Block &amp; Recover Mix</u>	3x6
<u>Receive/Block/Footwork Mix</u>	2x10
Machine: Setup middle for first set and armside(RH)/glove-side(LH) for second set	
<u>RH Breaking Ball w/Runner Call (2nd Set)</u>	2x10
<u>RH Breaking Ball Blocks w/Runner Call</u>	2x6
<u>LH Breaking Ball w/Runner Call (2nd Set)</u>	2x10
<u>LH Breaking Ball Blocks w/Runner Call</u>	2x6

3

PlyoCare	
<u>Black/Green Plyo Roll-ins</u>	2x6
<u>Blue Plyo Elevators w/WW</u>	x8
<u>Blue Plyo Elevators</u>	x10
<u>Gray Plyo Elevators Fast/Slow</u>	x10
<u>Blue Plyo Low/High Mix w/WW</u>	x8
<u>Gray Plyo Low/High Mix</u>	x10
<u>Blue Plyo Mix</u>	x10
<u>Gray Plyo Mix</u>	x10
<u>Blue/Gray Plyo Mix w/Runner Call (2nd Set)</u>	2x10
Toss	
<u>11oz Elevators w/WW</u>	x12
<u>11oz Elevators Fast/Slow Mix</u>	x12
<u>5oz Elevators Fast/Slow Mix</u>	x12
<u>11oz Mix w/WW</u>	x12
<u>11oz Mix</u>	x12
<u>5oz Mix</u>	x12
Machine	
<u>RH or LH Curveball Elevators w/WW</u>	x10
<u>RH or LH Curveball Elevators</u>	x10
<u>Fastballs Elevators w/WW</u>	x10
<u>Fastballs Elevators</u>	x10
<u>Alternate Fastball/Breaking Ball Sets (setup middle and shift armside/gloveside during round)</u>	2x12
<u>w/Runner Call</u>	2x12



# Equipment List



**H**ere you will find the equipment we recommend for this program. Everything needed in this program is available on our website. If you are just looking for receiving work, there is a kit with just the items needed to execute the bulk of the receiving programming. If you are looking to develop all the defensive skills of catching, we'd recommend the Complete Catcher's Kit.

## Recommended Add-ons:

### **Pocket Radar** (or other radar device)

Getting feedback on every throw and tracking your velocities is how you execute on a velocity program.

### **Pulse**

Pulse can help you monitor throwing workload to find balance between pushing your training and overstretching yourself. You can see your throw counts and total workload each day in TRAQ. Any athlete working towards velocity has to be pushing themselves to new adaptations, risking injury. Pulse gives a real measurement to this, giving you feedback on the stress on your arm.

### **Pull-Apart Bands**

These are the in-gym favorite for post throwing protocols. They can be used for many different exercises and are useful for any athlete.

### **Vibrating Massage Ball**

An upgrade to the regular foam roller, these durable knotted-muscle-dismissers can be implemented into this program in place of foam rolling.

## Receiving Kit:

- 2.5kg Wrist Weight
- Green PlyoCare Ball
- Blue PlyoCare Ball
- Gray PlyoCare Ball
- 2 Mini PlyoCare Balls
- Driveline LAX Ball

This kit provides the necessary implements for executing Driveline's 6-week Receiving Program.

 [Receiving Kit link](#)




## Complete Catcher's Kit:

- Set of 5kg Wrist Weights
- Set of 2.5kg Wrist Weights
- Set of PlyoCare Balls (6)
- Set of Leather Weighted Baseballs (6)
- Set of Mini PlyoCare Balls (6)
- J-Bands
- Driveline LAX Ball

Everything you need to develop velocity with Driveline's throwing protocols, and execute the 6 week receiving program.

 [Catching Kit link](#)





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**T**hank you for downloading and reading this program. This program can be started at any time, assuming you are also getting what you need in terms of on-ramp, rest, and time off. We recommend starting this program at least 9 weeks before you begin team practices for the season, and after completing a full on-ramp.

Coaches, while this free program does not come with support, we'd be happy to answer your questions about training catchers in the Drive-linePLUS Slack Channel. Every PLUS member gets access to this channel giving them the option to ask trainers questions, connect with the community, and receive tailored content. PLUS members also receive a discount on gear.

Athletes, if you are looking for a more personalized training experience, come train with us on-site! You also have the option of training remotely in our online training program.



 [DrivelinePLUS](#)

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