

INFIELD DRILL SERIES



- ▶ Neutral position glove hand- middle
- ▶ Forehand
- ▶ Backhand
- ▶ No gloves
- ▶ Paddles/training gloves
- ▶ On knees
- ▶ Standing

➤ POSTURE- FLAT BACK



GRUNDER FUNNEL TO V



SHORT HOP FUNNEL TO V



EVERYDAYS- GROUNDERS- NO GLOVE



EVERYDAYS- GROUNDERS W/GLOVES



EVERYDAYS- SHORT HOPS



EVERYDAYS- STANDING GROUNDERS



EVERYDAYS- STANDING- SHORT HOPS



COMBO DRILL- SHORT HOPS 2 BALLS



PRE STEP- LAND AS BALL IS CAUGHT



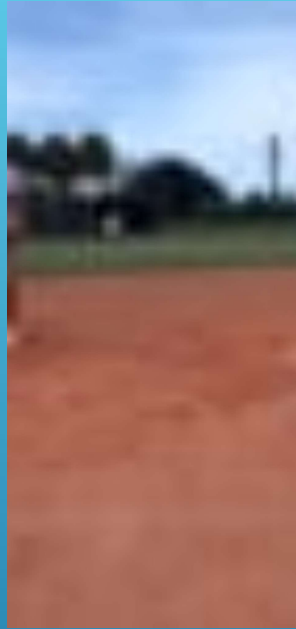
PVC DRILL



STAND ON RIGHT LEG- STEP LEFT FOOT



HOP ON RIGHT FOOT- STEP LEFT FOOT



ONE CONE OR FIGURE 8 CONE DRILL



THROW ON RUN



SHUFFLE TO V



POSITIVE STEP



SKATER TO L CUT- FOREHANDS



3 ARM SLOT THROWING DRILL



SHORT HOP ON RUN



SHORT HOP SERIES PROGRESSION



6 BALL SCRAMBLE

- ▶ Paddles
- ▶ Training gloves
- ▶ Gloves

- ▶ Roll balls
- ▶ 15' fungo
- ▶ Regular ground balls

GROUND BALLS

QUESTIONS?

