



Elite Outfield Class 4.1

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- Dynamic warm up
 - Throwing progression
 - Throwing like an outfielder
 - Long toss
 - Basic outfield catching mechanics
 - Straight high tosses
 - Side to side tosses (getting bodies behind and around the ball)
 - Drop step drill
 - Break down of “do or die”
 - Throw to home
 - Drop step shoe string drill





Elite Outfield Class 4.2

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- Dynamic warm up
 - Throwing progression
 - Throwing like an outfielder
 - Long toss
 - Drop step drill (long throws)
 - Football drill
 - Zig zag drill
 - Straight overhead drop steps
 - Change direction (misreading/wind ball)
 - Full out do or dies
 - Torque and momentum





Elite Outfield Class 4.3

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- Dynamic warm up
 - Getting back to first on pick off
 - Foot
 - Dive back
 - Stealing second
 - delayed steals
 - Sliding
 - Pop up
 - Slide by
 - Deciding which slide
 - Suicide vs. safety squeeze
 - Bunting and running
 - Throwing progression
 - Relay race





Elite Outfield Class 4.4

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- Dynamic warm up
 - Throwing progression
 - No glove with tennis ball drill
 - Drop step drill
 - Break down of “do or die”
 - Find the fence
 - Break down dives and slide unders
 - Lindsey Drill
 - 3 throwers

