



Elite Outfield Class 3.1

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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”
 - Torque & Momentum
 - Drop step shoe string drill





Elite Outfield Class 3.2

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- Dynamic warm up
 - Throwing progression
 - Long toss
 - No glove tennis ball
 - Drop step drill
 - Break down of “do or die”
 - Run throughs → torque and momentum
 - Without ball
 - Ball on ground- on transfers
 - Blocking
 - Square drill/ chaos drill (2 players in square, coaches have 2 balls going throwing anywhere in the square)





Elite Outfield Class 3.3

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- Dynamic warm up
 - Home to first breakdown
 - Home to first inside corner/rounding
 - Home to second
 - Home to third
 - Home to home

(hitting inside corners, rounding/angles to bases)

- Lead offs on each base
 - Third base walking lead off
- Drop step
- Zig zag drill
- Throwing progression





Elite Outfield Class 3.4

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- Dynamic warm up
 - Throwing progression
 - Long toss
 - Drop step drill
 - Break down of “do or die”
 - Angles
 - Throwing to cuts/bases

