



Elite Baseball Infield Class

3.1

- * Warm up / Arm care
- * Throwing / Glove / Wear / Placement
- * Pre Pitch Routine / Ready Position
- * Ready / Fielding Position Drills
- * Footwork Training





Elite Baseball Infield Class

3.2

- * Warm up / Arm care
- * Throwing
- * On Knees / Straight on / Glove Side / Backhand
- * On Feet / Straight on / Glove Side / Backhand
- * Rollers





Elite Baseball Infield Class

3.3

- * Warm up / Arm care
- * Throwing
- * On Knees / Straight on / Glove Side / Backhand
- * On Feet / Straight on / Glove Side / Backhand
- * Fungo Time





Elite Baseball Infield Class

3.4

- * Warm up / Arm care
- * Throwing
- * Tag plays
- * Slow rollers / On the run
- * Fungo time

