



Elite Baseball Outfield Class

4.1

- * Warm up / Arm care
- * Throwing / Long toss
- * Crow hop approach
- * Staying behind the ball
- * Drop steps / Change of direction





Elite Baseball Outfield Class

4.2

- * Warm up / Arm care
- * Throwing / Long toss
- * Cut it off / Spin throw
- * Line drive running catch
- * 3 ball





Elite Baseball Outfield Class

4.3

- * Warm up / Arm care
- * Throwing
- * Change of direction
- * Communication
- * Knowing where to go or be





Elite Baseball Outfield Class

4.4

- * Warm up / Arm care
- * Throwing
- * Up against the fence
- * Recognizing swings / Spin of ball
- * Adjusting defensive placement

