



Elite Infield Class 1.1

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- Dynamic warm up
 - Throwing progression
 - Kneeling glove work
 - Standing (corners→ glove in dirt, middles→ glove at knees)
 - Short hops
 - Forehand
 - Backhand
 - Approach to ground balls
 - Getting feet set
 - Ground Ball lines
 - Glove work and break down
 - “Hitches” → recognizing them
 - Glove open, moving through the ball
 - Points games with ground balls
 - 3: field cleanly
 - 2: bobble
 - 1: keep in front
 - 0: error





Elite Infield Class 1.2

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- Dynamic warmup
 - Throwing Progression
 - Kneeling glove work
 - Standing glove work
 - Short hops
 - Forehand
 - Backhand
 - Approach to ground balls
 - Bucket drill with tennis balls (roll tennis ball, field, then run around bucket)
 - Getting feet set
 - “Hitches”
 - 4 corner throwing drill
 - Ground Balls in positions → Split into corners and middles
 - Proper glove work and break down
 - Square drill





Elite Infield Class 1.3

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- 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
- Infield





Elite Infield Class 1.4

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- Dynamic warm up
 - Throwing progression
 - kneeling glove work
 - Standing glove work
 - Short hops
 - Forehand
 - Backhand
 - Approach to ground balls
 - Bucket drill with tennis balls
 - Getting feet set
 - Fast glove drill (8 ball toss)
 - Angles → drop step

