



Elite Baseball Infield Class

4.1

- * Warm up / Arm care
- * Throwing
- * Knee glove drills
- * Pre pitch routine / Ready position
- * Fielding position drills





Elite Baseball Infield Class

4.2

- * Warm up / Arm care
- * Throwing
- * Footwork drills
- * Slow rollers
- * Fungo





Elite Baseball Infield Class

4.3

- * Warm up / Arm care
- * Throwing
- * Double plays
- * Tag plays
- * Double cut





Elite Baseball Infield Class

4.4

- * Warm up / Arm care
- * Throwing
- * Fungo time
- * Pregame infield

