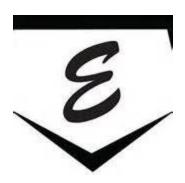


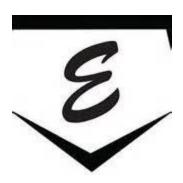
- Dynamic warm up
- Throwing progression
 - Throwing like an outfielder
- Long toss
- Basic outfield catching mechanics
 - Straight high tosses
 - Side to side tosses (getting bodies behind and around the ball)
- Drop step drill
- Break down of "do or die"
 - Throw to home
- Drop step shoe string drill





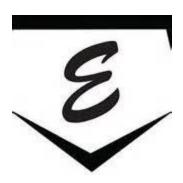
- Dynamic warm up
- Throwing progression
 - Throwing like an outfielder
- Long toss
- Drop step drill (long throws)
- Football drill
- Zig zag drill
- Straight overhead drop steps
 - Change direction (misreading/wind ball)
- Full out do or dies
 - Torque and momentum





- Dynamic warm up
- Getting back to first on pick off
 - Foot
 - Dive back
- Stealing second
 - delayed steals
- Sliding
 - Pop up
 - Slide by
- Deciding which slide
- Suicide vs. safety squeeze
 - Bunting and running
- Throwing progression
- Relay race





- Dynamic warm up
- Throwing progression
- No glove with tennis ball drill
- Drop step drill
- Break down of "do or die"
- Find the fence
- Break down dives and slide unders
- Lindsey Drill
 - 3 throwers

