



## Elite Baseball Infield Class

**2.1**

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





## Elite Baseball Infield Class

**2.2**

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





## Elite Baseball Infield Class

**2.3**

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





## Elite Baseball Infield Class

2.4

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

