



Elite Infield Class 2.1

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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 2.2

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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





Elite Infield Class 2.3

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- 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
 - Infield





Elite Infield Class 2.4

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- Dynamic warm up
 - Throwing progression
 - Kneeling glove work
 - Standing glove work
 - Short hops
 - Forehand
 - Backhand
 - Fast glove drill (8 ball drill)
 - Split into corners and middles
 - corners- 1st base/3rd base footwork/pick offs
 - middles- steals and relays
 - Total team

