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## Trosky/Mongero Virtual Camp #1

### Emphasis – Neutral Fielding Position

**Note:** Excess Footage at the start. All times below are based on that video being included. If we remove it, the time slots for all items would need to be adjusted accordingly.

#### 14:45 *Introduction and camp expectations*

- Camp needs

#### 17:31 *Coach/Player Introduction*

#### 18:00 *Find the advantage*

- The process
- What type of player do you want to be?
- I.C.A.D.

#### 21:15 *Levers and Hinges*

- Isolate wrists, elbow, shoulder
- Loose like a goose
- Warm up hip hinge
- Fielding reaches
- Deep hip lunges
- Hip flexor stretch
- Duck stretch

#### 26:25 *Posture Holds and Fielding Actions*

- Neutral reach
- Neutral/closed/open

#### 29:30 *Throwing Footwork Patterns*

- L – shuffle footwork
  - o Glove action claps
- Step through footwork
  - o Sway into step through
  - o Step through into shuffle
- Double shuffle footwork

- Step through minimal footwork

#### 39:40 *Arm Warm-Up and Care*

- Arm circles
- Raise the roof
- Push downs
- Elbow hinges
- Over and under
- Hitch hikers
- Holds
- Swims
- Forearms
- Arm in front (across)

#### 45:50 *Throwing Exercises (Emphasis on INFIELD Actions)*

- Wrist levers = Spin rates
- Power V-slot
  - o Whips/snaps
- Stance/launch – Quick arm stroke
- Skaters and shuffle into skaters
- Arm stroke breakdown (1, 2, 3)
  - o Short to long
- Arm stroke into balance holds
- Stance into launch
- Shuffle into launch (front foot timing)
- Repeatability of arm stroke
- Shuffle exchange drill – Whip and turn

### **1:00:00 Fielding into Throwing Action – Bounce Drills**

- Separation into V-slot
- Dribble into separate
- Bounce into shuffle
- Toss into bounce
- Neutral triangles – L shuffle into step through footwork
- Front foot timing drill
- Bounce into front foot timing
- Reach drill – Over exaggeration

### **1:09:00 Camp Break**

- Attention to detail
- Importance of skill and actions
- Bathroom and water break
- Take notes
- Taking care of your arm

### **1:17:00 Wall Ball Drills – Standing**

- Quick exchange
- One ball wall exchange
- 2 Ball wall exchange
- Rope pulls – Hands to core Elbows out
- Wall ball neutral receive drill

### **1:27:20 Camp Break**

- Transition cameras
- Avoid disconnect
- Focus on game actions
- Importance of accurate feeds and consistency

### **1:30:30 Wall Ball Drills – Kneeling**

- Hinge hip claps (warm up)
- Receive and freeze
- Receive into transition and separation
- In and out – The River
- 20 second competition

### **1:39:00 Glove Work – Standing**

- Dribbles – Tennis ball
  - o Hustle while you wait
  - o Low and high separation
  - o Posture review
- Box shuffle footwork
- Dribble into box shuffle
- Neutral dribble with glove and baseball

- Toss and pick hop drill
- Over/under press through drill
- One handed reach drill
- Walk into left foot timing drill – Neutral
- Review of glove drills

### **1:54:00 3 Basic Neutral Footwork Patterns – Ball Hit Directly at the Fielder**

- A. Routine Play #1
    - Prep steps are NOT false steps
    - Prep step dance
    - Forward skaters
    - R/L - Field
    - Step through shuffle
      - o Ball reads determine exact footwork and actions
    - Suave, chatter, fielding position drill
    - Hop, step right, creep, R/L field, step through into shuffle footwork
    - Walk drill with hop
  - B. Routine Play #2 – Cut the distance
    - Left foot, step right
    - Left foot, step right, field and hold
      - o Add L shuffle
  - C. Drop step – Glove leg – To handle rocket
    - Improves soft hands on difficult to handle plays
    - Drop step into fielding position
- \*\*\* All 3 Footwork pattern combos
- Great judgement of hops and speed of ball
  - All three plays above with fielding action added
  - Added ball toss for all three play variations

# Question and Answer Session of Camp #1

**2:16:00** *Start of Question and Answer Session*

**2:21:00** *Summary of first two hours of work*

**2:27:00** *How are HS and college players evaluated by MLB Scouts?*

**2:33:50** *How does the Pro 20-80 Evaluation Scale work?*

**2:40:45** *How do infielders incorporate personal development into a team practice scenario?*

**2:47:35** *When, if ever, is it appropriate for infielders to put their hands on their knees?*

**2:48:50** *When should infielders use minimal footwork vs taking extra steps (internal clock)?*

**2:54:45** *Which requires more practice...Working on an infielder's hands or their feet?*

**2:58:30** *What is Jabin's favorite drill?*

**3:03:55** *How do you overcome mental blocks like overcoming a wrist injury from diving?*

**3:09:05** *What is the 6<sup>th</sup> tool and how does it apply to camp?*

**3:13:11** *What separates a shortstop from a second baseman?*

**3:19:20** *Summary of Trosky/Mongero Camp #1*

