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Trosky/Mongero Virtual Camp #2

Emphasis – Backhand Fielding Position

0:00 *Introduction and camp expectations*

- Camp needs

3:20 *Coach/Player Introduction*

4:40 *Great Process – Notes*

- 6th tool is the separator
- Trick the brain - TTB
- GDBRR
- BOT
- IDTPO
- 1TZ
- EXPECT, EXPECT, EXPECT!
- I want the ball!
- GYMR
- 2 Defensive Tools
- Functional Strength
- Size, Strength, Age....Overrated

11:30 *Quick Feet Drills*

- The dance – Step/Replace
- Lateral Skater Box
- Replace feet
- Hop Box
- Shuffle Laterally
- Forward and back Replace
- Skater Series
- Cross-over Series
- In/Outs
- Triangle Switch
- 5 step Tempo Switch
- Hope into Quick Feet Slow arms

27:50 *Notes: Functional Quickness and Functional Speed*

- Applies specifically to infield play
- Race fit, race ready
- Play to make plays!

30:30 *Arm Care and Warm-Up*

- Scapular Circles
- Raises and Pushes
- Over and Unders
- Arm Dumps
- Pulls
- Swimmers
- Forearms
- Arm Across
- One Arm Big Circles
- Hinges and levers
- Overhead Outs
- Side Outs
- Lever Elbow Speed Hinges
- Hip Hinge Bends
- Groin Flexibility – Side to Side – Backhand Prep
- Groin Hand Picks

40:15 *Posture Holds*

- Drop Step Backhand
- Prep-Step, Drop Step, Hold
- Crossover Backhand Stance
- Declared Backhand Holds
- Combination Movement Holds

45:40 Throwing Footwork Out of Posture for Backhand

- Play #1 – Open and Drop Step
 - o Give
 - o Press
- Play #2 - Crossover Foot Replace Footwork
 - o Receive
 - o Press
- Play #3 – Forward (Declared BH) Footwork
 - o Press
 - Double G (+,+) Runner – Crossover Move and Replace
 - Field, Gather, Redirect Footwork

1:01:00

- Notes: 20 Backhand Plays
- Know your base runner (G vs. GG)
- Develop instincts and Baseball IQ

1:04:45 Camp Break

- Baseball IQ
- Attention To Detail
- Build your Infielder Foundation
- Posted Question
- Importance of Hops and Appropriate Glove Actions
- Importance of Playing Ball Live In BP
- Importance of Making Throws After Backhand Plays (Stopwatch)

1:18:00 Wall Ball Drills – Standing

- Importance of Elbow Hinge
- Efficiency and Repeatability
- Backhand Wallball Feeds to Isolate Elbow Hinge
- Catching Backhands in the Web of Glove
- Knee: Self Feed Hinge Emphasis
- Challenge Your Hands: No Glove vs. Clock
- Compete for 20 Seconds

1:29:00 Camp Break

- Transition cameras
- Great Players Make the Difficult Look Easy

- Consistent Feeds to Self
- Challenge yourself
- Do not Be Afraid to Look Bad

1:31:30 Ball Dribbles

- Drop and Pick
- 1, 2, 3 Hinge
- Drop, Pick, Center of Chest, Take it out (Separation)
- Drop, Pick, Shuffle Back, Separate, Shuffle Forward to throw
- Declared Backhand Press Hinge
- Drop and Press
- Drop, Press, Shuffle
- Flip toss into press, into Launch Position to Throw
- Crossover Backhand on Second Bounce
- Flip Toss Timing Drill with Left Foot Foreword
- Flip Toss into Drop Step with Crossover Step
- Combination Set: Back and Forward
- Flip Toss and Range into Second Bounce

1:52:00 Hinges

- Elbow and Strong Wrist
- Press, Separate,
- Back, Receive, Forward to Throw
- Glove: No Ball
 - o Drop, Field to Hinge, Shuffle to Launch
 - Eyes Down, Ground Time with Glove Facing Forward
- Rake Through (Declared backhand) – Press into Exchange
- Combination Play to Backhand Side
- Good Runner vs Average Runner
- Alternate GG Runner to Average to Poor Runner
- Lateral Crossover On the Run with GG Runner

2:03:00 Notes

- Open and Closed Stance
- Field With and Field Trough the Ball
- Challenged on Every Pitch

Question and Answer Session of Camp #2

2:04:30 *Start of Question and Answer Session*

2:09:00 *What is a Law of unintended consequence?*

2:18:30 *What is the GDBRR and what do they mean?*

2:24:20 *What is the ratio of drill to dry work vs fungos to live ground balls?*

2:31:50 *How can you help your teammates focus every pitch?*

2:39:15 *How often do you work on plays that are not as common as routine ground balls?*

2:45:25 *On a ball close to your right (backhand), when do you get in front and when do we declare a backhand?*

2:49:35 *What part of the glove do you catch a backhand play and why?*

2:52:27 *Where do Nate and Trent travel to do their camps in the country and in the world?*

2:54:49 *What do it mean for an infielder to "Be on time?"*

3:02:20 *Reminders for Session 3 of Virtual Camp?*

3:03:45 *Nate Summarizes camp 2 and discusses the Law of Mutual Exchange and being the CEO of the CEO?*

3:08:05 *Trent Summarizes camp 2.*

