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## Trosky/Mongero Virtual Camp #3

### Emphasis – Forehand Fielding Position

#### **0:00** Introduction and camp expectations

- Camp needs

#### **2:15** Coach/Player Introduction

#### **2:15** Notes – CEO of The CEO of the Rat Nation

- Great learners pay attention to detail
- Nobody Works harder or smarter
- Better every day
- Camp is an opportunity to build your process/routine
- T+T+T+T=F (Future)
- ICAD – Intensity, Consistency, Attention (to Detail 212, 451)

#### **7:30** Footwork

- Soldiers
- Quick Feet, slow arms
- Burners
- Shuffle exchange
- Kick, turns
- Hop and turn
- Stand out with INF actions
- SWDC
- Crossover
- Hop (prep), crossover, shuffle
- Skaters
- Relay footwork: No glove
- Bad feet cause throwing errors

#### **36:44** Notes

- Throwing repeatability is a product of:
  - o Posture – Launch
  - o Relaxation
  - o Be on time with my feet

#### **38:15** Throwing Exercises

- V- Slot
- Shuffle, Tap, Punch (stick)
- 1, 2, 3 Drill: Finger Time
- Arm whips: Short to long
- Shuffle, Whip, Turn

#### **50:00** Baseball IQ and Break

- Baserunning Questions – INF must understand baserunning
- Trosky Tuesdays
- Water Break
- Process vs age

#### **1:00:45** Standing Wall Ball Drills

- Positive, Pick, Receive (negative)
- Wall Sticks – Glove side: contact point
- Wall receive on plane
- Receive and move feet with ball

#### **1:09:40** Kneeling Wall Ball Drills

- Wall picks (straight up action)
- Wall press (positive action)
- Wall receive (negative action)

#### **1:15:00** 3 Different Hops

- Picks
- Short In-between (press)
- Long in-between (receive)

### **1:16:35 Throwing Footwork on Glove Side**

- Drop Step - Field with the ball – Lengthen the hop (give with it)
- Drop Step, catch, tap, shuffle
- Lateral crossover – Glove to center and rake
- Double shuffle – Glove to center and rake
- Field off left, throw of right – Slow Roller practice

### **1:33:30 Standing - Variation Drills**

- Going back on ground ball to left side
- Crossover to the left (glove side) into throwing footwork
- Toss double bounce drill
- Two handed slow roller
- Double bounce two handed slow roller into a stick

### **1:51:16 Forehand Play Rotations – Willingness to Play Low**

- Play #1 – Drop Step
- Play #2 – Crossover
- Play #3 – Two Handed Slow Roller
- Combination of Play 1, 2, 3

### **2:01:39 Camp Perspective**

- What the virtual camps are like compared to our actual camps
- Importance of baseball IQ

## **Question and Answer Session of Camp #3**

**2:05:30** Will the virtual camp help me with the Blue Collar Lockdown Series on TroskyRanch.com?

**2:07:35** How often should the camp information be reviewed?

**2:12:55** Baseball is all over social media. How does a person know what is good and what is bad?

**2:20:23** What is the goal of an infielders throwing program?

**2:25:50** What percentage of plays are push through vs funnel vs pick?

**2:31:26** How important is it to use a 4 seam grip as an infielder?

**2:37:38** What play should we practiced more than it is?

**2:43:15** What is a defection vs a catch?

**2:48:00** What causes infielders to mess up?

**2:52:15** What is a good fielding percentage for a college SS vs a Pro SS?

**2:53:00** What can infielders do to increase your range?

**2:57:50** What is the difference between a college recruiter and a professional scout?

**3:01:44** Camp Summary

