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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*

