SATURDAY – BLUE COLLAR - LOCKDOWN

- **Strength Element**
  - Functional Upper Body Exercises
  - https://youtu.be/L6HbRobaLkI
    - **Climbers**
    - **Navy seals**
    - **Spidermans**
    - **Lateral walking (R/L)**
    - **Fist Push Ups**
    - **Superset with:**
    - **Y's**
    - **Scarecrows**

- **Strength Element**
  - Arm Care Routine
  - https://youtu.be/LCBPDQk_-MU
    - **28 Arm Exercises**

- **Strength Element**
  - Functional Core Routine
  - https://youtu.be/ehBDqIBeShU
    - **Side plank: Hold**
    - **Side plank: Leg raises**
    - **Side plank: Hip dips**
    - **Side plank: Over/under**
    - **Side plank: Arm reach hold**
    - **Both arm: Plank-ups**
    - **Both arm: Alt leg raises**
    - **Both arm: Alt leg outs**
    - **Both arm: Hold**

- **Infield Training**
  - Throwing Drills – Without Ball
  - https://youtu.be/ZINeJys8a5k
    - **A) Stance/Launch B) Skaters C) Skaters/Launch**
    - **Skaters Left, Front Foot Timing**
    - **Quick Shuffle Into Separation and Launch**
    - **One Handed Separation Drill**
    - **Right, Left, Field…Front Foot**

- **Infield Training**
  - Throwing Drills – With Ball
  - https://youtu.be/eKZhLCjoI6g
    - **Standing power**
    - **Boxers**
    - **Jump backs**
    - **180's**
    - **Shuffle to throw**
    - **One leg throw**
    - **Sprint into two shuffle, throw**
    - **Sprint into one shuffle, throw**
    - **Long toss (if space)**
    - **90 or 60 feet…on top**
    - **No feet – quick exchange**
    - **Quick feet, quick release**

- **Infield Training**
  - Infield Drills – Warm up – No Ball
  - https://youtu.be/cm88xE2vHck
    - **Cone work**
    - **Speed bag**
    - **Posture holds**
    - **Posture movement**
    - **Swivel drill**
    - **Forehand dry drill**
    - **Backhand dry drill**
    - **Neutral dry drill**

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Infield Drills – Warm up – With ball

Infield Drills (Series B)

Hit Training – No Ball

Hit Training – With Ball

SATURDAY - BLUE COLLAR – LOCKDOWN - CONTINUED

- **Infield Training – With Ball**
  - Infield Drills – Warm Up
  - https://youtu.be/7eoJm9jeueI
    - **Juggling drill**
    - **Advanced – Wall ball juggling**
    - **Dribble drill – Low and high separation**
    - **2 Ball wall exchange drill**
    - **Glove action drill – Positive and negative actions**
    - **Floor Quick Exchange drill**
    - **Dribble**
    - **At You (Zone 1)**
    - **Backhand (Zone 2)**
    - **Glove side (Zone 3)**

- **Hit Training – No Ball**
  - https://youtu.be/zHS-42MZAXw
    - **Lower half**
      - **Sit 3 and separate**
      - **Skaters and separate**
    - **Upper half**
      - **Core turns**
      - **Core turn and snaps**
    - **Lower and upper half together**
      - **Snap Series**
    - **Contact point - dry swing**

- **Infield Training**
  - Infield Drills (Series B)

- *Middle Infielders*
  - ***DP Feeds from SS and 2B***
  - https://youtu.be/gTWoa25Euxc
    - **Double play feed drills**
  - ***DP Pivots from SS and 2B***
  - https://youtu.be/QHHQdGhjY78
    - **Double Play pivot drill (Cardboard box top as a base)**
      - **2B – Left Foot On/Off**
      - **2B – Left Foot On Right Foot Across for 6 Different Lanes**
      - **SS – 10 Pivot Variations**
- *Corner Infielders*
  - https://youtu.be/s23bJAVJVXM
    - **Pick and Tag Drill at 3Rd Base**
    - **Relay Drill**
    - **Fly ball drill**
    - **First Base – Dirt Ball Picks**

- **Hit Training - With Ball**
  - https://youtu.be/SfuvHLAeXAg
  - Hitting Drills – With Ball (Wiffle/Tennis/or other type)
    - **Isolation drill "Iso"**
    - **3 Second drill**
    - **Pitchers hitting drill**
    - **Texas Two step**
    - **High Tee**
    - **Reverse Top hand drill**
    - **1 hand hover drill**
    - **Side toss with beans and dowel**
    - **Front toss (with wiffle balls/golf wiffle ball, beans, etc)**
    - **Feel good BP (if space allows)**