



Blue Collar - Lockdown Infield Training Series

It's Time To Eat!

Thank you for your purchase of the Trosky - Mongero Blue Collar Lockdown Training Series. We have worked tirelessly to make this product something that you can significantly benefit from. It is formatted in such a way that anyone can follow along and start getting better at home! **No workout partner or fancy equipment required.** This training program is laid out for you...day by day, step by step. This program is detailed, thorough, and complete in order to meet the demands of the most advanced infielders, but also simple enough, so that beginning infielders can start in right where they are! We suggest that you start implementing the Lockdown Series in small increments. Then, as you master some of the skills and drills, you can gradually add more content to your daily workouts. In addition, parents and coaches now have exactly what they need to help their son or daughter become the very best. Nate and Trent have done all the planning for you! Your weekly calendar and specific daily activity skill/drill PDF's are included!

Beginner, Intermediate, and Expert

Becoming an elite level infielder requires years of sacrifice and self-discipline. In no way should you feel like you need to do everything in this program at the start. It would be overwhelming for most players. Parents and coaches, please don't forget this very important fact. Encourage your son, daughter, or player to start small. Implement the first pieces of each training element then spend weeks mastering those selected items. Once you are very comfortable performing a skill or drill, bite off a little more. Advanced players, such as very good HS players, college players, or pro players are ready to tackle more. They also have the self-discipline to budget their time and make the daily commitment to practice on their own. No player should ever be made to feel like a failure if he or she can't execute these skills or he or she is not willing to put the hours upon hours needed to complete the daily and weekly routines.

Remember...It's All About The Content

Our goal was **not** to film fancy videos in the comfort of a studio or hitting facility. The objective was simply to use **Blue Collar** footage showing exactly what you need to do. It is 100% about the video content, not the picture quality. In fact, some of the video content you now have at your fingertips are captured from random social media posts we have made in the past, but now these important training clips have been organized sequentially for you to get the most out of your daily training. If some of the video appear to be pixelated on a computer or TV screen, try watching them on your phone. The smaller the screen, the tighter the images will be. You have two options as far as having access to the Lockdown Series video. First, if you have internet access, you will be able to view all the provided links. The second option is to download all the video to a computer or phone if you will be disconnected from the internet but still would like access to the video content.

How The Blue Collar Lockdown Series Works:

With your purchase, you have received an email with the following PDF documents... The first PDF, called "Weekly Planner" outlines the entire week of skills and drills training. The other PDF files correspond to the days of the week. There is a PDF for every day, except Sunday which is your day off for recovery. The specific PDF for each day of the week provides a detailed breakdown of what needs to be attacked and in what order. In addition, each element of training has a link to a video that will show you what the skill, drill, or activity should look like.

Pay great attention to detail as you watch and attempt the skills and drills. How you do what you do is critical because you don't want to develop bad habits. At the same time, do not become so focused on perfection that you become a robot. The goal is to move in a free and easy manner "**like water**" and always relaxed "**suave**" when practicing. Never forget, **the best infielders are athletes who maximize their physical and mental skills. They make the difficult look easy** because they are relaxed, efficient, and confident with their baseball actions.

Very Important:

When you are learning a new skill or drill, there is going to be a learning curve. Never give up just because something does not come easy to you. Develop mental toughness by sticking to the process. Work with a purpose every day, and you will find that your skill set improves over time. There will be gradual improvement at first, and then things will become much more natural. Remember, baseball skills and drills are taught from simple to complex, and then predictable to unpredictable. This means that we start out with the basics and gradually make the drills more challenging. This happens by simultaneously starting the drills with predictable repetitions (where you know exactly where and how a ball will be caught), to eventually making the repetitions random in location, type of hop, and speed. Once you can successfully and consistently execute a drill, it is time to amp it up and make it even more challenging! Simply put, the body will seek to accomplish what the mind thinks. Use this fact to your advantage and begin to think big. Begin thinking you're the best, and your body will work to become just that...the very best! If you learn to practice at a level more intense and demanding than the actual game, your confidence will rise, and the game become easier!

Motivation

If you want to be truly great, a Dirt Bro, you must aim to reach CEO status as a player. This means you must be different...think differently, act differently, train differently... live your life differently. Most players only dream about being great, and they never put the sweat equity behind the dream to make it happen. However, you are different, if you are willing to make the sacrifice. Your blue collar, never make an excuse, approach is going to allow you to take this lockdown training series and use it to elevate your game. Remember, feeling good is overrated! Put the work in daily... with laser focus and absolute precision! No short cuts! However, if you ever feel you need an extra jolt of motivation, just click on one of the four motivational clips from Trosky - Mongero that have been added for you below. Time to go to work! LET'S EAT! #GYMR #THEDO

Motivation 1: <https://youtu.be/88xa5S7BaD8>

Motivation 2: <https://youtu.be/TTNqXRXCBCGc>

Motivation 3: <https://youtu.be/1hetpC0ykR4>

Motivation 4: <https://youtu.be/etpNZNn6cqQ>

Additional Infield Development – Work with Nate and Trent In Person!

If you like what you received in this training series, then you will absolutely love hanging out with us at one of our 12 camps being held across America from now until the end of 2020. Below is the link to the camps. Hope to see you there!

<https://info.collegebaseballcamps.com/trosky-mongero-clinics/>

Making Plays,

Nate Trosky and Trent Mongero

