



WEDNESDAY – 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

- 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

- Infield Training

- Simulated Jump Rope Routine
- <https://youtu.be/cPyeCBRnM4c>
 - Burner variations
 - Jump Rope variations
 - Ladder variations

- Infield Training

- Quick Feet Drills
- <https://youtu.be/jDdpnBmbexQ>
 - In and outs
 - Small skaters
 - Triangle shuffle
 - Lateral 5's
 - Quick feet, slow arms
 - Bonus move...X drill

- Infield Training

- Perfecting Your Pre-Pitch
- <https://youtu.be/onlX-kYH-I0>
 - Description
 - Importance
 - Body and hand positions
 - How to practice being on time

- Infield Training

- Infield Drills – Warm Up – With Ball
- <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)

WEDNESDAY - BLUE COLLAR – LOCKDOWN - CONTINUED

- Infield Training

- Infield Drills (Series A)
- <https://youtu.be/DBvj6kbNAzk>
 - Official INF drill
 - **Short hop double shuffle drill**
 - **Straight line soft hands drill**
 - **Wall ball - short hop variation drills**
 - **Short hop to power drill**
 - **Ozzie Drill**
 - **Choose your hop drill**
 - **3 step/5 step**
 - **Quick exchange – No feet and with feet**
 - **Tennis ball ground balls with bare hand**