

POST THROW DRILLS

INFIELDERS

ARIZONAS

1. Fielding Position – Groundballs
 - a. In Front x5
 - b. Glove Side x5
 - c. Back Hand x5
2. Fielding Position – Short Hops
 - a. In Front x5
 - b. Glove Side x5
 - c. Back Hand x5
3. Fielding Position – Tag Series
 - a. Pop Tag x5
 - b. Sweep Tag x5ea
 - c. Swipe Tag x5
 - d. Cross Body Tag x5
4. Fielding Position – Flips and Feeds
 - a. Fore Hand – Glass of Milk x5
 - b. Back Hand x5
 - c. Hang It x5
 - d. Flamingo x5
5. On Knees – Lt Dan
 - a. Dive Left x5
 - b. Dive Right x5

TRANSFERS

1. Rapid Fire x10each
 - a. Rundown Darts
 - b. Move Your Feet
 - c. Throw From Where You Catch It
2. Relay Line x5each
 - a. Clean Throw
 - b. Poor Throw / One Hop
3. Four Corners x5each
 - a. Clockwise
 - b. Counter Clockwise – Inside Turn
 - c. Counter Clockwise – Outside Turn
 - d. Across The Diamond – Inside Turn
4. Four Corners w/Tags x5each
 - a. Clockwise w/Tag
 - b. Counter Inside & Outside Based on Tag
 - c. Across the Diamond w/Tag

TROSKY WARMUP

1. No Hop x5
2. Short Hop x5
3. High Hop x5
4. In-Between Hop x5
5. Routine Hop with Footwork x5