

WORKOUT 1 (SOLO)

BACK YARD FIELDING DRILLS

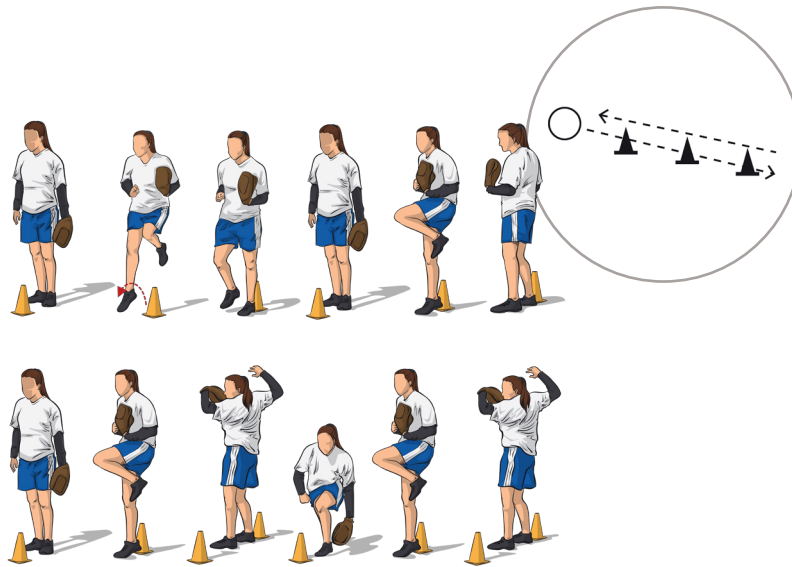


REQUIRED: Glove, Ball, Cones, Wall



TIME: 10-15 MINUTES

WARMUP: Shoulder Circles, Arm Circles, Overhead Triceps Stretch, Shoulder Stretch, Walking Lunges with Twist, High Knee Runs, Butt-kicker Runs



Throwing Footwork Progression
5 reps of each phase



Wall Ball Drill
25 grounders each side
25 short hops each side
25 line drives each side



Five Step Fielding Drill
2 sets of 5 reps

WORKOUT 2

BACK YARD FIELDING DRILLS

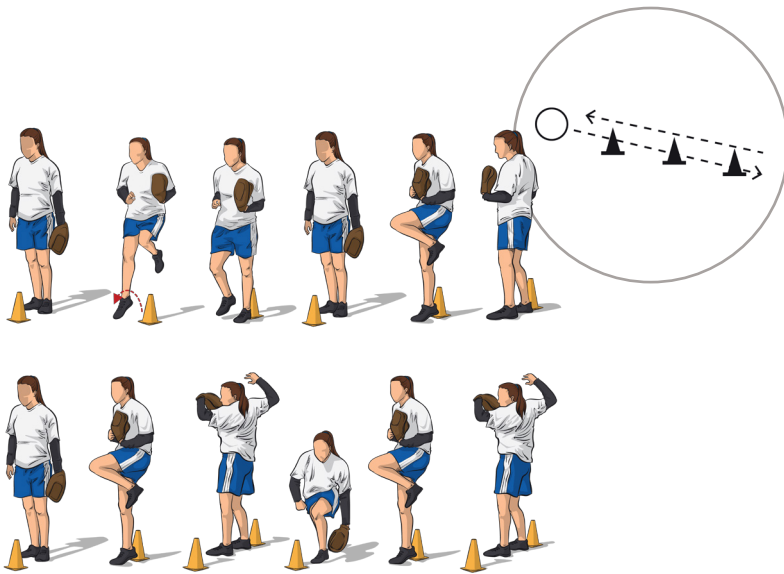


REQUIRED: Glove, Ball, Cones, Partner

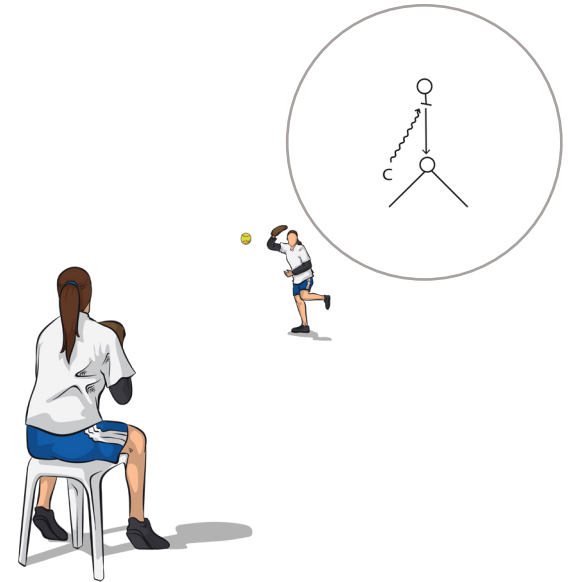


TIME: 10-15 MINUTES

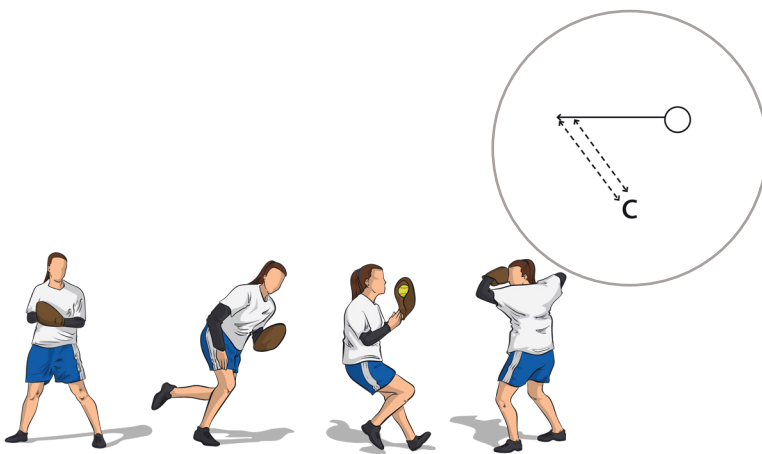
WARMUP: Shoulder Circles, Arm Circles, Overhead Triceps Stretch, Shoulder Stretch, Walking Lunges with Twist, High Knee Runs, Butt-kicker Runs



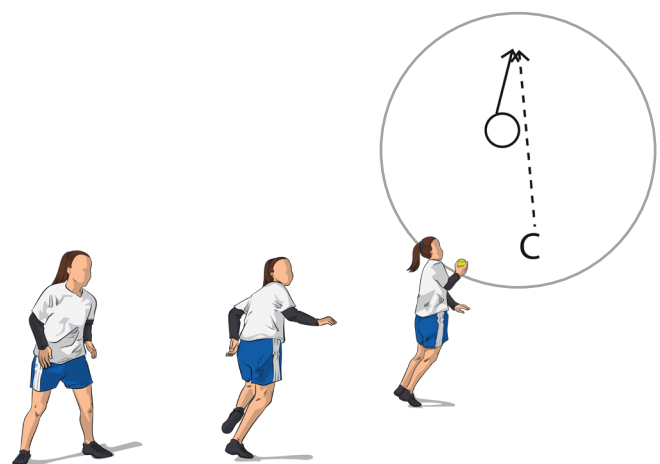
Throwing Footwork Progression
2 reps of each phase



Target Drill
2 sets of 10 throws




Line Drive Drill
3 sets of 10 catches




Barehand Drill with Softieballs
3 sets of 10 catches

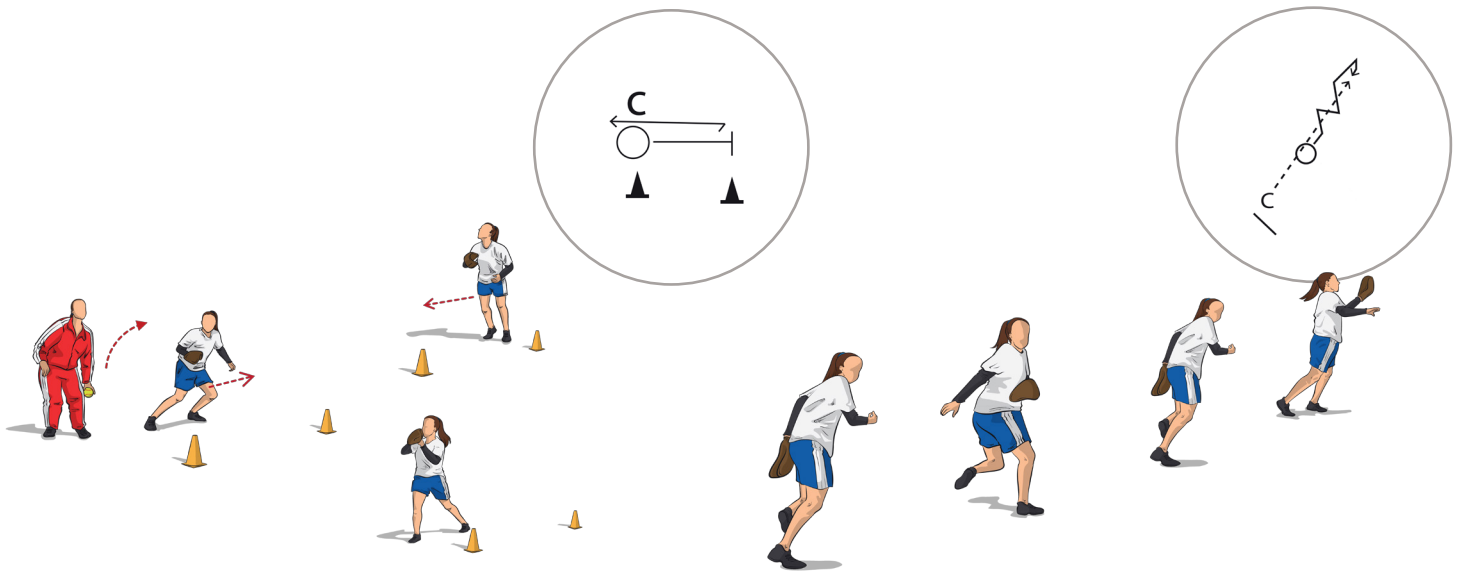
WORKOUT 3

BACK YARD FIELDING DRILLS

 **REQUIRED:** : Glove, Ball, Cones, Partner

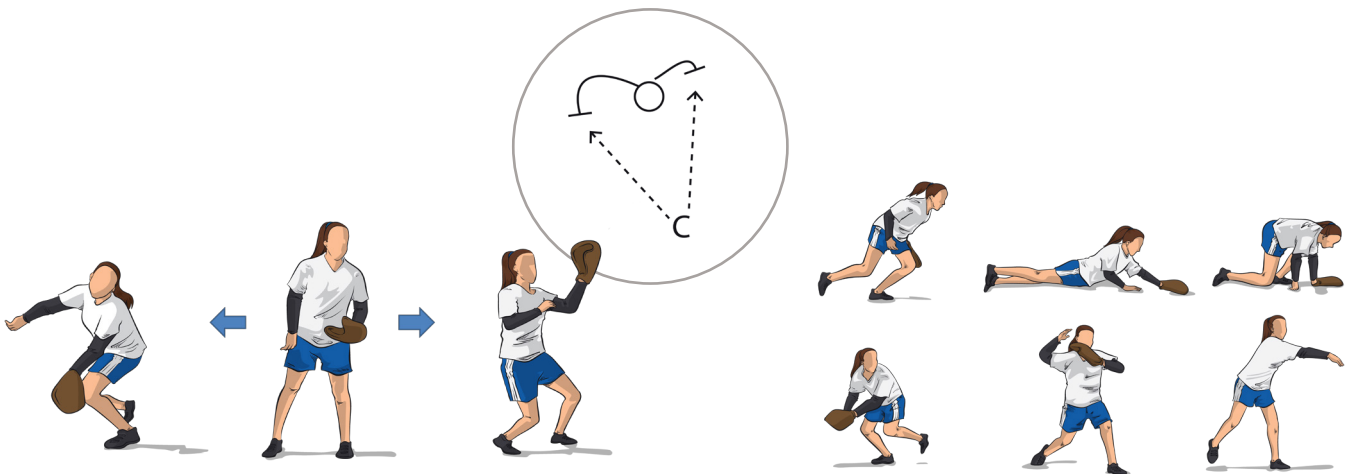
 **TIME:** 15-20 MINUTES

WARMUP: Shoulder Circles, Arm Circles, Overhead Triceps Stretch, Shoulder Stretch, Walking Lunges with Twist, High Knee Runs, Butt-kicker Runs



Run Through the Catch Drill
3 sets of 10 catches

Crossover Drill
3 sets of 10 catches



Two Ball Drill
3 sets of 10 catches

Dive Play Drill
3 sets of 10 catches

WORKOUT 4

BACK YARD FIELDING DRILLS



REQUIRED: Glove, Ball, Cones, Partner

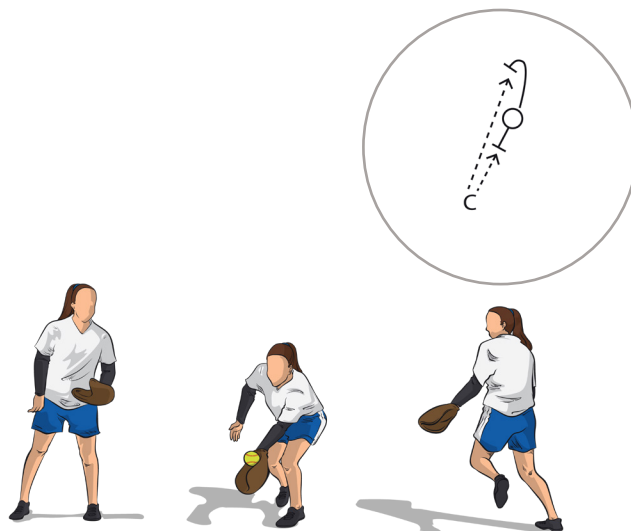


TIME: 15-20 MINUTES

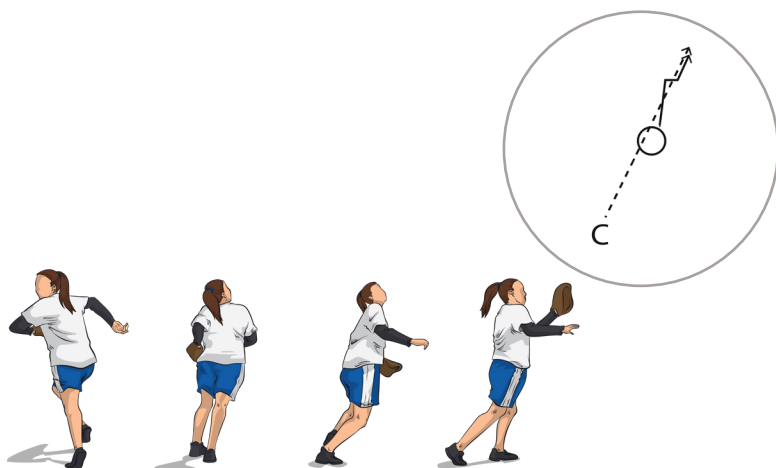
WARMUP: Arm circles, Elbow Circles, Wrist Circles, Neck Rotations, Trunk Rotations, Leg Swings, Butt-kickers, High Knee Runs, Leg Swings, Carioca



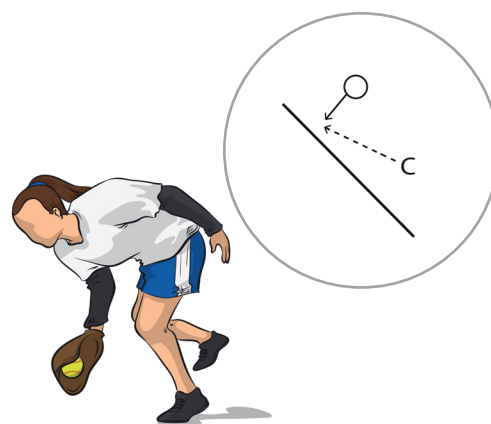
Short Pop Drill
3 sets of 10 catches



Charge Drop Drill
3 sets of 10 catches



Blind Pivot Drill
3 sets of 10 catches



Slice Drill
3 sets of 10 catches

WORKOUT 5

BACK YARD FIELDING DRILLS

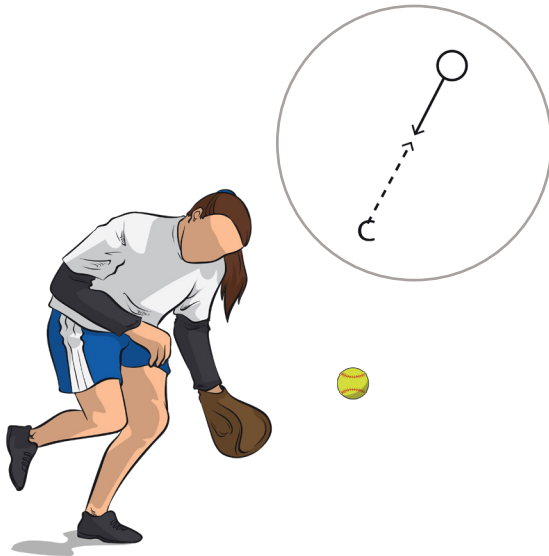


REQUIRED: Glove, Ball, Cones, Partner



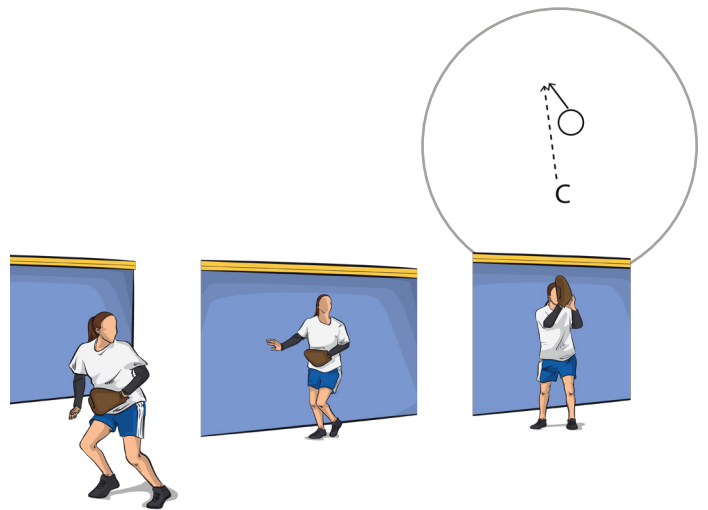
TIME: 15-20 MINUTES

WARMUP: Shoulder Circles, Arm Circles, Overhead Triceps Stretch, Shoulder Stretch, Walking Lunges with Twist, High Knee Runs, Butt-kicker Runs



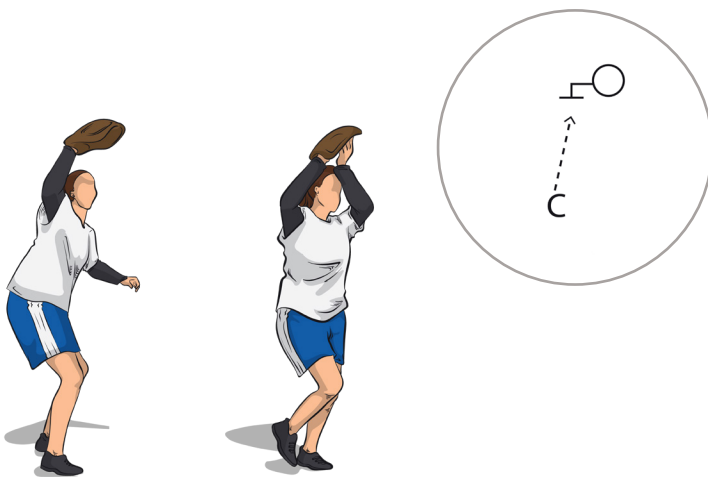
Shoestring Catch Drill

3 sets of 10 catches



Fence Drill

3 sets of 10 catches



Sun Ball Drill

3 sets of 10 catches



Highliner Drill

3 sets of 10 catches

WORKOUT #6
[MULTIPLAYER]

BACK YARD FIELDING DRILLS



REQUIRED: Glove, Ball, Cones, Partner(s) and Coach

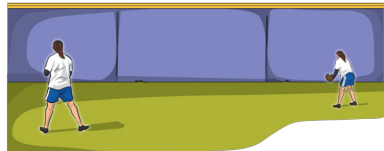
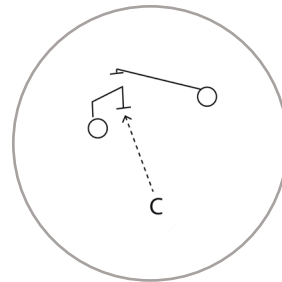


TIME: 25-30 MINUTES

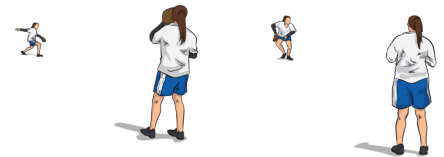
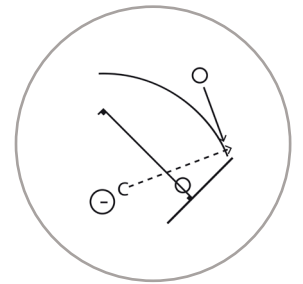
WARMUP: Shoulder Circles, Arm Circles, Overhead Triceps Stretch, Shoulder Stretch, Walking Lunges with Twist, High Knee Runs, Butt-kicker Runs



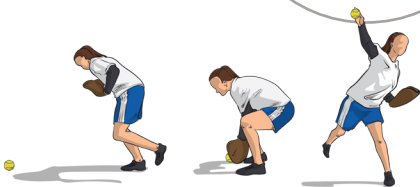
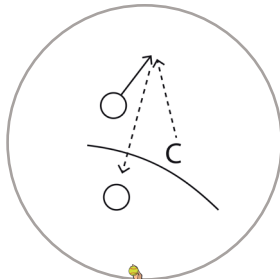
Target Drill
3 sets of 10 throws



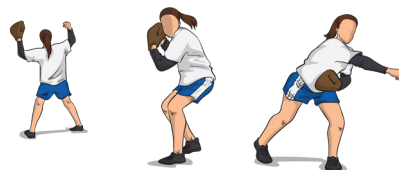
Blind Drill
3 sets of 10 catches



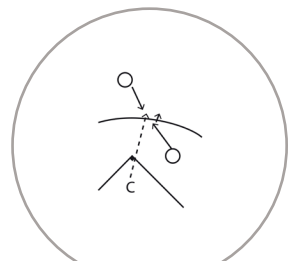
Backup Drill
2 sets of 10 reps



Relay Drill
2 sets of 10 reps



Cutoff Drill
2 sets of 10 reps



Infield/Outfield Communication Drill
2 sets of 10 reps