

1 Hour Infield Workout

TOTAL: 50 MINUTES

Warm Up

- **15 MINUTES**

Interval Throwing

Partner Skill Series

- **1 MINUTE**

30 Second Grounders

- **1 MINUTE**

30 Second Backhand

- **1 MINUTE**

30 Second Backhand Cross

- **1 MINUTE**

30 Second Crow Hops

- **1 MINUTE**

30 Second Quick Toss

Ground Ball Series

- **10 MINUTES**

Ball in Hand

- **10 MINUTES**

Backhand Pick & Stick Fungo

- **10 MINUTES**

Slow Rollers Fungo