

# 1 Hour Outfield Workout

**TOTAL: 50 MINUTES**

## Warm Up

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- **15 MINUTES**  
Interval Throwing

## Partner Skill Series

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- **5 MINUTES**  
Fly Balls

- **5 MINUTES**  
Grounders

- **5 MINUTES**  
Short Hops

- **5 MINUTES**  
Crow Hops

## Positional Work

- **15 MINUTES**  
Outfield Communication