



WEDNESDAY – BLUE COLLAR - LOCKDOWN

- Strength Element

- [Functional Upper Body Exercises](#)
 - Climbers
 - Navy seals
 - Spidermans
 - Lateral walking (R/L)
 - Fist Push Ups
 - Superset with:
 - Y's
 - Scarecrows

- Infield Training

- [Simulated Jump Rope Routine](#)
 - Burner variations
 - Jump Rope Variations
 - Ladder Variations

- Infield Training

- [Quick Feet Drills](#)
 - In and outs
 - Small skaters
 - Triangle shuffle
 - Lateral 5's
 - Quick feet, slow arms
 - Bonus move...X drill

- Infield Training

- [Perfecting Your Pre-Pitch](#)
 - Description
 - Importance
 - Body and hand positions
 - How to practice being on time

- Infield Training

- [Infield Drills – Warm up – No Ball](#)
 - Cone work
 - Speed bag
 - Posture holds
 - Posture movement
 - Swivel drill
 - Forehand dry drill
 - Backhand dry drill
 - Neutral dry drill

- Infield Training

- [Infield Drills – Warm Up – With Ball](#)
 - 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 \(Series A\)](#)
 - 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