



THURSDAY – BLUE COLLAR - LOCKDOWN

- Strength Element

- [Arm Care Routine](#)
 - 28 Arm Exercises (Examples Below)
 - Arm Circles
 - Raise the Roof
 - T's
 - W's
 - Y's
 - Stretch – Cross Chest
 - Stretch – Fore Arms (Fingers)

- Strength Element

- [Functional Core Routine](#)
 - Side plank: Hold
 - Side plank: Leg raises
 - Side plank: Hip dips
 - Side plank: Over/under
 - Side plank: Arm reach hold
 - Both arm: Plank-ups
 - Both arm: Alt leg raises
 - Both arm: Alt leg outs
 - Both arm: Hold
 - Both arm: Plank-ups

- Infield Training

- [Throwing Drills – Without Ball](#)
 - A) Stance/Launch B) Skaters C) Skaters/Launch
 - Skaters Left, Front Foot Timing
 - Quick Shuffle Into Separation and Launch
 - One Handed Separation Drill
 - Right, Left, Field...Front Foot Timing

- Infield Training

- [Throwing Drills – With Ball](#)
 - Standing power
 - Boxers
 - Jump backs
 - 180's
 - Shuffle to throw
 - One leg throw
 - Sprint into two shuffle, throw
 - Sprint into one shuffle, throw
 - Long toss (if space)
 - 90 or 60 feet...on top
 - No feet – quick exchange
 - Quick feet, quick release

- 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

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Infield Drills – Warm up – With ball

Infield Drills (Series B)

Hit Training – No Ball

Hit Training – With Ball

THURSDAY - BLUE COLLAR – LOCKDOWN - CONTINUED

- Infield Training – With Ball

- [Infield Drills – Warm Up](#)
 - 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)**

- [Hit Training – No Ball](#)

- **Lower half**
 - Sit 3 and separate
 - Skaters and separate
- **Upper half**
 - Core turns
 - Core turn and snaps
- **Lower and upper half together**
 - Snap Series
- **Contact point - dry swing**

- Infield Training

- [Infield Drills \(Series B\)](#)
- [Middle Infielders](#)
 - [DP Feeds from SS and 2B](#)
 - Double play feed drills
 - [DP Pivots from SS and 2B](#)
 - Double Play pivot drill (Cardboard box top as a base)
 - 2B – Left Foot On/Off
 - 2B - Left Foot On Right Foot Across for 6 Different Lanes
 - SS – 10 Pivot Variations
- [Corner Infielders](#)
 - Pick and Tag Drill at 3Rd Base
 - Relay Drill
 - Fly ball drill
 - First Base – Dirt Ball Picks

- Hit Training - With Ball

- [Hitting Drills – With Ball](#)
(Wiffle/Tennis/or other type)
 - Isolation drill “Iso”
 - 3 Second drill
 - Pitchers hitting drill
 - Texas Two step
 - High Tee
 - Reverse Top hand drill
 - 1 hand hover drill
 - Side toss with beans and dowel
 - Front toss (with wiffle balls/golf wiffle ball, beans, etc)
 - Feel good BP (if space allows)