



## TUESDAY – 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 up/Fingers down)

### - 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

### On Next Page

Infield Drills – Warm up – With ball

Infield Drills (Series B)

Hit Training – No Ball

Hit Training – With Ball

# TUESDAY - 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 3<sup>rd</sup> 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)**