



FRIDAY – BLUE COLLAR - LOCKDOWN

- Strength Element

- [Functional Lower Body Exercises](#)
 - Sumo squat glute raises
 - Narrow stance Sumo Squat glute raises
 - Burner variations
 - Narrow stance deep squats
 - Wide stance deep squats
 - Sumo squats
 - Deep stretch
 - Lateral lunges
 - Deep lunges
 - Wide deep squats
 - Deep squat reach
 - Crossover squats
 - Duck sit variations
 - Squat Jumps
 - 21 Jumps
 - 1 leg glute raise
 - 1 leg glute hold
 - Double leg glute raises
 - Double leg glute hold

- Infield Training

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

- Infield Training

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

- 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

- [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)

FRIDAY - 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**