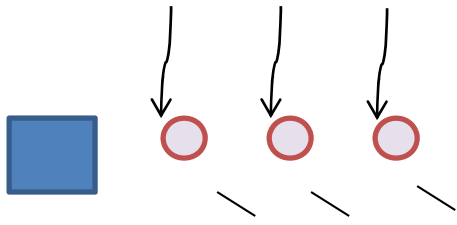
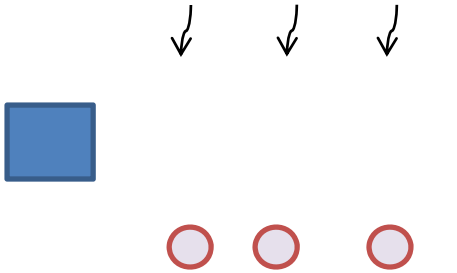


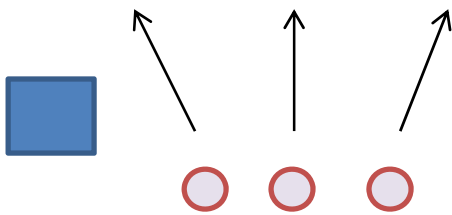
Everyday Drills- Everything is based off of a set of 3 (each guy takes three reps)



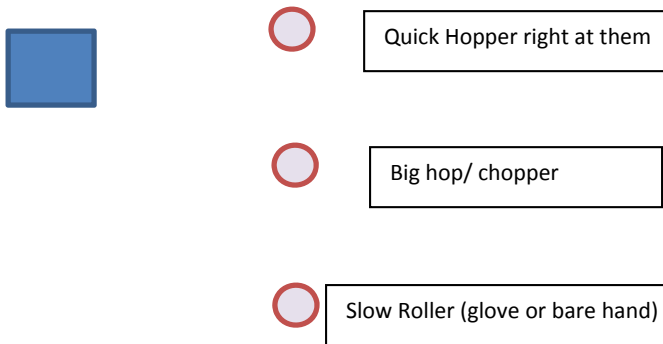
Round 1:
 Balls are stationary. Fielder is working on footwork at 50%, working on rounding the baseball and setting up a good angle to base he's throwing



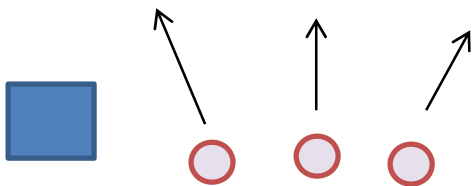
Round 2:
 Balls are rolled slowly. Fielder is again working on footwork at 50%, working on rounding the baseball and setting up a good angle to base he's throwing



Round 3 AND 4 (go thru twice):
 Balls are rolled on a line. First time, the fielder is fielding at 75% → one back hand, one right at them, one fore hand. Second time, the fielder is at 100% fielding and goes through the process again.



Round 5 AND 6 (go thru twice):
1st time:
 1. Quick hop at them 2. Chopper 3. Slow roller
2nd time:
 1. Quick hop to the side 2. Angled chopper 3. Angled slow roller



Round 7
 Backhand, right at, forehand to end it. Full go. 100% fielding. Should be smooth.