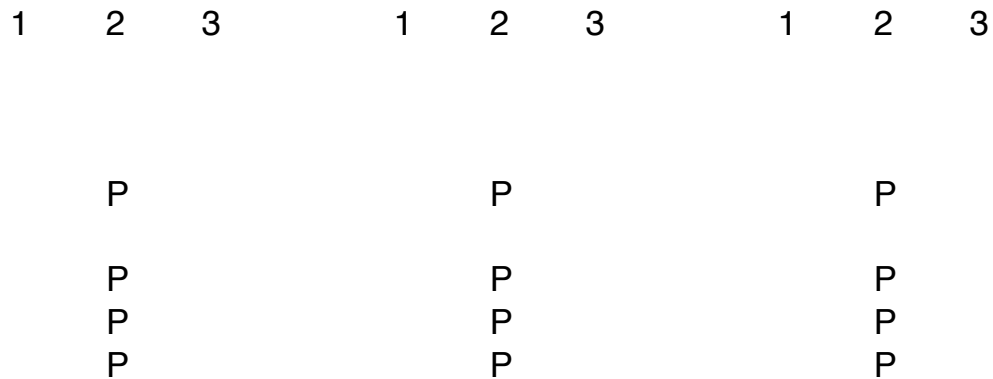


Three Ball Warm Up For Infielders

Set up three baseballs in front of a short line of 3-4 infielders. The coach calls the number of a baseball (numbered 1 to 3 from the player's left to right), and the player takes an appropriate route to the ball and gets into fielding position as if they were fielding it.

As soon as one group of players is done, call out another number to keep the players moving at all times.



Quarterback Drill for Outfielders

A coach sets up a short line of outfielders next to him. The player begins running away from the coach while looking back at him. The coach points one way or another and the player runs either a "post" or a "corner" route. The coach then throws the ball leading them in that direction.

Because this is a movement prep activity, the players should be moving at about 50-50% initially, then moving up in intensity with each rep.

