

**Infield Drills**

USA Baseball App
- Infield Hands Routine
- Knee Short Hops
- 4.3 Drill

Fielding the Ball Under Control
https://www.youtube.com/watch?v=ilbl6S37JKM

US Women’s softball (Infield Daily Routine)
http://www.youtube.com/watch?v=XDwFdR4gluQ&feature=related

1B Short Hop
http://www.youtube.com/watch?v=iIO03eCbofA&feature=related

Catcher Drill - Walk Ups
http://www.youtube.com/watch?v=ugbRRgVl5E&feature=related

Catcher Drill - Fungo Short Hops
https://www.youtube.com/watch?v=7UQ-gyOVH54

**OF Drills**

USA Baseball App
- Breakdown & Come Through
- Drop Step Cone Drills
- Speed Square
- Communication Drill