1. Forward Lunge **(10 each leg)**



1. Laterals **(2 sets of 10 each direction, as quickly as possible)**
   1. Start in Athletic Position: Legs shoulder width apart, knees bent
   2. Side step with right foot to the right, keeping toe pointing forward
   3. Bring left foot to return to athletic position
   4. Side step with left foot to the left, keeping toe pointing forward
   5. Bring right foot to return to athletic position
2. T-Drill with Drop **(Do 10)**
   1. Start in crouch, in receiving position
   2. Staying low, jump pivot 90 degrees to right
   3. Jump pivot back to starting position
   4. Staying low, jump pivot 90 degrees to left
   5. Jump pivot back to starting position
   6. Drop to knees in front blocking position
   7. Return to starting position
   8. Example (Turn off music): <http://www.youtube.com/watch?v=URcA_AEKPk8>
3. Blocking: Kick-Out Drill **(Do 10 each side)**
   1. Draw a straight line 2.5feet long
   2. Start with feet on the line and in the middle of the line
   3. “Kick out” right foot to end of the line, dropping to knee in blocking form
      1. Be sure to push with opposite leg
      2. Be sure to keep chins and knees pointing forward.
   4. Return to start position and repeat to left side
4. Blocking: Kick-Out Drill with Tennis Ball **(Do 10 each side)**
   1. Repeat Kick Out Drill but throw tennis ball against wall and block
5. Receiving: With or Without Glove **(Do 20)**
   1. Start in crouch, in receiving position
   2. Throw/Bounce tennis ball against wall and catch rebound
      1. Be sure to use “pinching technique”
      2. Be sure to stay on balance
      3. Advanced: Extend arm on catch to frame
6. Transfer: **(Do 20)**
   1. Start in crouch, in receiving position
   2. With Ball in glove, bring glove to right ear, meeting throwing hand
   3. While moving glove toward ear, jump pivot 90 degrees (T Drill)
      1. Be sure to go straight to the ear, no loops
      2. Advanced: Throw Ball against wall and receive it to start drill
7. Seven Ball Drill
   1. Set up 7 balls, 5 balls 10 feet away in a semi circle; 2 balls 5 feet away left and right
      1. See Diagram Below
   2. Start in crouch, in receiving position
   3. One at a time, release from crouch, staying low to field one ball
      1. Loop slightly to field ball moving directly toward first base
         1. Don’t go straight at the ball
      2. Scoop using glove to pull ball into bare hand
      3. Quickly bring ball and glove to throwing side(right) ear
      4. Make sure feet, hips and shoulders get turned, pointed toward first base