

# Olentangy Baseball Club



## Individuals Resource



INFIELD		OUTFIELD		SPEED & AGILITY	
INF Progression		OF Progression		Drill	Specific Focus
1. Out in front		1. Drop to one knee	(Nobody on base)	1. 5-10-5 2. Agility Ladder 3. Form Running 4. Skaters 5. Jump Rope 6. "V" Cone 7. 4 cone, 4 corner 8. Side-Straddle-Stride	Explosion, Cutting
2. Back Hand		2. Field off glove side foot	(Runner on base)		Footwork, Agility
3. Forehand		3. Timing			Technique, Explosion
4. Option		#3: work on getting behind the ball and catching it with momentum going towards our target			Explosion, Balance
1-4 can be used with bare hand, glove, or paddles					Endurance
Drills		Drills			Change in Direction(CID)
1. 3 Cone Drill		1. Hips (Zig-Zag)	#1 & 2 can be done w/ bare hand		Explosion, CID
2. Agility Ladder w/Grounder		2. Flips			Rhythm, body control
3. 4 corner throwing		3. Communication	(comm. Speak the same lang.)		
4. 4 corner flips		4. Combine Drill			
5. SS/2B feeds		5. 4 corner throwing			
6. Progression w/ Short hops		6. Finding the wall			
7. Timing drill (Big hops)					