

## Tigers Infielders Pre-Game Partner Drills

After you finish playing catch with your partner before every game or practice, you need to do the following fielding drills. Please choose which drills in each category that you would like to perform on any given day. Switch up the drills regularly to work efficiently and become a well-rounded infielder.

<b><u>Stationary Drills</u></b>	<b><u>Choose 2</u></b>
<b><u>Drill</u></b>	<b><u>Reps</u></b>
Short Hops on Knees	10
Forehand Short Hop	10
Backhand Short Hop	10
Long Hops	10

<b><u>Transitional Drills</u></b>	<b><u>Choose 3</u></b>
<b><u>Drill</u></b>	<b><u>Reps</u></b>
Leg Lift Forehand	8
Leg Lift Backhand	8
Walk the Line	2 Times
Pass and Shuffle	2 Times
Middle Man	1

<b><u>Live</u></b>	<b><u>Choose 3</u></b>
<b><u>Drill</u></b>	<b><u>Reps</u></b>
Double Play	5
Forehand Spin & Throw	5
Backhand Slide & Pop Up	5
4 Series Ground Ball (At, Forehand, Backhand, Slow Roller)	2
Fly Ball Over Head	5

<b><u>Catch Goals(Choose 1)</u></b>
Groundball Footwork
Double Play Footwork
Flips
Quick Hands
Rundown Throws