

PHANTON / BOSS DRILL SEQUENCE

(5 – 10 Reps per Drill)

- Wind ----- Balance ----- (Hold for a 5 Count)
- Power Position ----- Finish (Explode Back Hip, Turn Back Foot Over, Pull Back Foot Over Head at Finish)
- Step Back (Hold) -----Balance (Hold) ----- Power Position (Hold) -----Finish
- Full Motion (No Holds): Alternate Wind, Stretch, Slide, Rocker Step
- Repeat #5 w/ Eyes Closed
- Picks --- 1st, 2nd, 3rd, Fake Home (Emphasize Quick Feet, Short Arm, Deception)

3 MAN PICK DRILLS

(5 – 10 Each Station, Vary Looks S, M, L,)

- **1st Base:** Short Arm, Quick Feet, Target is 1B Knees, Get Feet Down
- **2nd Base:** Open Glove, Inside Turn, Timing
- **3rd Base:** Straight Pick, Step-Off
- **Secondary Runner Pick @ 1st:** RHP on C Glove Drop, LHP on Leg Lift
- **Pitchouts:** Off the Plate, Waist to Chest High