



BACK

**DEFENSE, HITTING,
PITCHING**

GROUNDBALLS

- STRAIGHT-UP
- BACK-HAND
- FOREHAND

SQUARE SCREEN DIVIDER

FOOTWORK

- SHORT TUNNEL (PARTNER)
- HAND-ROLLED GROUND BALLS (PARTNER)

GLOVEWORK

- SHORT TUNNEL (PARTNER)
- HAND-ROLLED GROUND BALLS (PARTNER)

SHORT / FRONT TOSS

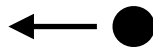
- OVERHAND (SITTING)
- UNDERHAND

L - SCREEN



SQUARE SCREEN DIVIDER

TEE WORK



BULLPENS

- LIVE
- FLAT GROUND
- GRIP CATCH
- PROGRESSIONS
- DRILLS
- ARM CARE



SQUARE SCREEN DIVIDER

CORE WORK

FRONT