

LDB



CLINIC

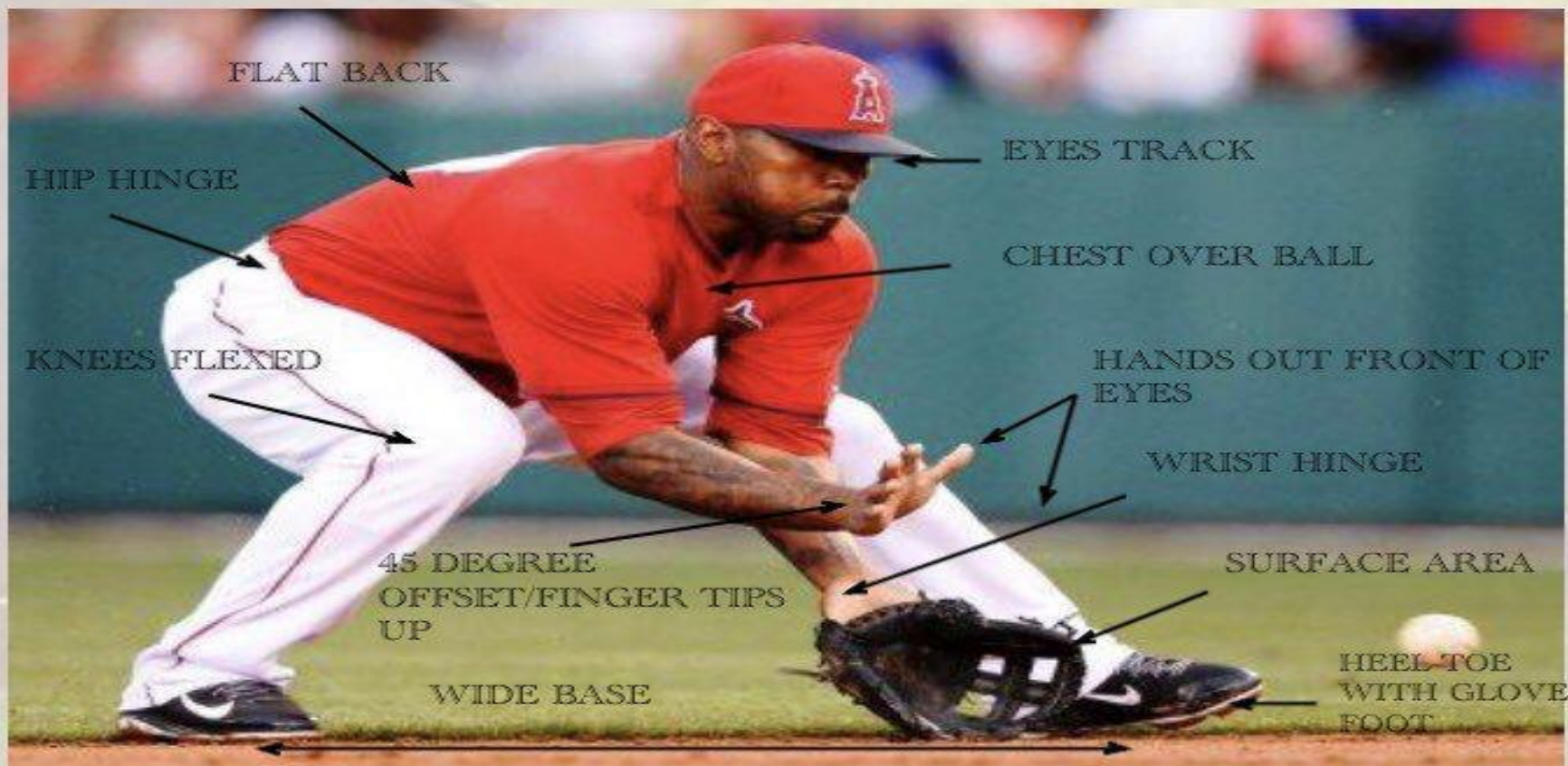
MARCH 6, 2022 1:30 PM - 3:30 PM

Agenda:

- ❑ **Fielding Triangle**
- ❑ **Ladder and Footwork**
- ❑ **Hands Routine**
- ❑ **Drills with a Purpose**
- ❑ **Resources**

FIELDING TRIANGLE

#fieldingperformance



Ladder Work:

- ❑ Warm up (5-8 min. of practice)
- ❑ Incorporating Baseballs
- ❑ Drills



Hands Routine:

- ❑ Routine with and without glove
- ❑ Take the lower body away
- ❑ Incorporate the lower body
- ❑ Receiving and tracking



Active Drills with a Focus:

- ★ **Mechanics**
 - athletic posture, quiet trunk/head
 - bring it to center and separate
 - hands out in front
- ★ **Confidence**
 - think progression before live
- ★ **Multiple movements**
 - incorporate multiple movements
- ★ **Coaching into the work**
 - write out your lean coaching reminders



RESOURCES

[Lou Colon Fielding](#)

[Antonelli Baseball](#)