

A Daily Routine for Infielders by Philipp Howard

“The skill that someone has acquired through long practice.”

1. Basic Steps without Glove (Time 2 Min)
 - 1.1. Basic Step 1 without Glove 5Reps.
 - 1.2. Basic Step 2 without Glove 5 Reps.
 - 1.3. Basic Step 3 without Glove 5 Reps.
 - 1.4. Basic Step 4 without Glove 5 Reps.
2. Basic Steps with Glove (Time 1,5 Min)
 - 2.1. Basic Step 2 with Glove 5 Reps.
 - 2.2. Basic Step 3 with Glove 5 Reps.
 - 2.3. Basic Step 4 with Glove 5 Reps.
3. Short Hops (Time 3 Min)
 - 3.1. Straight without Glove 5 Reps.
 - 3.2. Gloveside without Glove 5 Reps.
 - 3.3. Backhand without Glove 5 Reps.
 - 3.4. Straight with Glove 5 Reps.
 - 3.5. Gloveside with Glove 5 Reps.
 - 3.6. Backhand with Glove 5 Reps.
4. Groundballs on the Knees the Infield Gras – Throwing Hand behind the back
10 – 15 Reps. (Time 5 Min)
5. Groundballs on the Diamond (Time 15 – 20 Min)
 - 5.1. Straight without Throw 10 – 15 Reps. (Positioning: Infield In)
 - 5.2. Straight without Throw 10 – 15 Reps. (Positioning: Regular)
 - 5.3. Gloveside without Throw 10 – 15 Reps. (Positioning: Regular)
 - 5.4. Backhand without Throw 10 – 15 Reps. (Positioning: Regular)
 - 5.5. Straight with Throw 5 – 8 Reps. (Positioning: Regular)
 - 5.6. Gloveside with Throw 5 – 8 Reps. (Positioning: Regular)
 - 5.7. Backhand with Throw 5 – 8 Reps. (Positioning: Regular)
 - 5.8. Straight Double Play with Feed 10 – 15 Reps. (Positioning: Double Play)
 - 5.9. Gloveside Double Play with Feed 10 – 15 Reps. (Positioning: Double Play)
 - 5.10. Backhand Double Play with Feed 10 – 15 Reps. (Positioning: Double Play)

LINK: <https://youtu.be/J6hCmMaoX5E>