



0:00 - Welcome/Introduction-“Building/ Enhancing Your Skill Set”

0:10 - Warm-Up/Flexibility

0:20 - *Foundation to Defense*

- Ladder Sequence + Ready Position + Field rolled tennis ball
- Tennis Ball Drop
- Ball Handling/ Reaction Catches
 - Catches (Athletic position, back facing + turn, face down + up)
 - 2x3
 - Ball Handling (Around waste, figure 8)

0:50 - *Fundamental Fielding*

- 3- ball drill
- Everyday Drills (Ozzy + standing) - *Paddles*
- Angle Work (GS/BH)

1:10 - *Body Association*

- Tee Drill + Throws
- Cone Drill + Throws
- Ground Balls + Throws

1:30 - *Breakdown*