



PROSPECT TRAINING ACADEMY AT HOME WORK OUTS

Drills To Do Individually		
Infielders / Outfielders (Need Glove / Ball / Wall)		
Drill		Reps
"Every Days/Dailys"		
	Kneeling Front No Glove - Roll Ball	10
	Kneeling Forehand No Glove - Roll Ball	10
	Kneeling Backhand No Glove - Roll Ball	10
	Kneeling Front Glove - Short Hop	10
	Kneeling Forehand Glove - Short Hop	10
	Kneeling Backhand Glove - Short Hop	10
	Standing Front Glove - Short Hop	10
	Standing Forehand Glove - Short Hop	10
	Standing Backhand Glove - Short Hop	10
IF YOU HAVE SPACE IN YARD AND A PARENT/SIBLING - Take Ground Balls		
Outfielders (Need Glove / Ball)		
Drill		Reps
	Footwork - Glove Leg Down / One Step Crow Hop	10
	Footwork - Ball to Glove Side / Spin & Throw	10
	Footwork - Crossover and Drop Step - Glove Side	10
	Footwork - Crossover and Drop Step - Arm Side	10
IF YOU HAVE SPACE IN YARD AND A PARENT/SIBLING - Take Fly Balls		
Hitting (Need Bat / Tee or Parent or Sibling / Whiffles)		
Drill		Reps
Tee Work (Do as soft toss with whiffles if you don't have a tee)		
	Top Hand Middle	10
	SEA (Separate, Engage, Attack)	10
	Step Back Drill	10
	Statue Drill	10
	Aggressive Take	10
	Both Hands Middle	15
	Both Hands Outside	15
	Both Hands Inside	10

The work may be tedious, but all successful people have put the work in.
You need to decide if you are willing to outwork your competition.

Work so hard that someday your signature will be called an autograph!

#MOVE THE NEEDLE

#WIN THE DAY