

## **Double Play Footwork**

[Turning a Double Play - Flips from 2B](#)

[Turning a Double Play - Flips from SS](#)

[Turning a Double Play - Receiving as a 2nd Basemen](#)

[Turning a Double Play - Receiving as a Short Stop](#)

## **Trosky Skills & Drills**

[Infielding Quick Tips - Glove Work I](#)

[Infielding Quick Tips Glove Work II](#)

[Infielding Quick Tips - Infield Posture](#)

[Infielding Quick Tips - Ladder Drills](#)

[Trosky Baseball Tips - Dive and Recover Drill](#)

[5 Slow Roller Plays](#)

[Infield Quick Tips - Clock Drills Release Points \(part I\)](#)

[Anything Goes Drill](#)

[2 handed slow roller](#)

## **Rolling Ball Series**

<https://www.youtube.com/watch?v=33TD8vMkOhg>

<https://www.youtube.com/watch?v=XDwFdR4gluQ>

## **Indiana Ground Ball Every Days + Drills**

[https://drive.google.com/file/d/1WvG5Aqup5yIDANVKNSk76BMRX9TyPBp\\_/view?usp=share\\_link](https://drive.google.com/file/d/1WvG5Aqup5yIDANVKNSk76BMRX9TyPBp_/view?usp=share_link)

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***Kai Correa Videos***

[\*\*Kai & Tucker ABCA Presentation\*\*](#)

[\*\*ABCA Convention Expo Theater Presentation\*\*](#)

[\*\*How to Train Like a Big League Infielder: Kai Correa\*\*](#)

[\*\*How To Train Like a Big League Infielder 2021\*\*](#)

[\*\*How To Train Like a Big League Infielder\*\*](#)

[\*\*How To Train Like a Big League Infielder: Vol. 2\*\*](#)

[\*\*How to Train Like a Big League Infielder: Vol. 3\*\*](#)

[\*\*ABCA: The Road Show - Infield Clinic - Kainoa Correa, Cleveland Indians\*\*](#)

[\*\*First Move Footwork\*\*](#)

[\*\*Rapid Fire Exchanges\*\*](#)

[\*\*PowerPoint Presentation\*\*](#)

[\*\*Cai Slides and Images\*\*](#)

**RON WASHINGTON**

[\*\*Ron Washington runs Braves rookie Ozzie Albies through fielding drills – YouTube\*\*](#)

[\*\*Fielding Tips with Ron Washington – YouTube\*\*](#)

[\*\*How MLB players field ground balls \(feat. Ron Washington\) – YouTube\*\*](#)

[\*\*Ron Washington - Funneling Technique - YouTube\*\*](#)

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Covering the bag - [https://www.instagram.com/tv/COW1EkWAuFd/?utm\\_source=ig\\_web\\_copy\\_link](https://www.instagram.com/tv/COW1EkWAuFd/?utm_source=ig_web_copy_link)

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Pre-pitch - [https://www.instagram.com/p/BzSlvN-AT2b/?utm\\_source=ig\\_web\\_copy\\_link](https://www.instagram.com/p/BzSlvN-AT2b/?utm_source=ig_web_copy_link)

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First step - [https://www.instagram.com/p/Brn8p6Eh8J8/?utm\\_source=ig\\_web\\_copy\\_link](https://www.instagram.com/p/Brn8p6Eh8J8/?utm_source=ig_web_copy_link)

# Pre-pitch and stance

Drill Name	Purpose	Ideal Location	Link
PVC Posture	Infield Posture	Inside	<a href="https://www.instagram.com/p/CGGtBnDAWsf/?utm_source=ig_web_button_share_sheet">https://www.instagram.com/p/CGGtBnDAWsf/?utm_source=ig_web_button_share_sheet</a>
Pre-Pitch Posture/Footwork	Infield Posture/Footwork	Inside/Outside	<a href="https://www.youtube.com/watch?v=Gp8RMYwiQHY">https://www.youtube.com/watch?v=Gp8RMYwiQHY</a>
Trosky Infield Posture Quick Tips	Infield Posture/Footwork	Inside/Outside	<a href="https://www.youtube.com/watch?v=jyNNYs3q5jU">https://www.youtube.com/watch?v=jyNNYs3q5jU</a>
Posture, Pick & Follow	Posture, Stance	Inside/Outside	<a href="https://www.instagram.com/p/CIGzFm_ALl/?utm_source=ig_web_copy_link">https://www.instagram.com/p/CIGzFm_ALl/?utm_source=ig_web_copy_link</a>
Pre-Pitch Hop to Explosion	Pre-Pitch Hop to Explosion	Inside	<a href="https://www.instagram.com/p/CAjk2rlAdyR/?utm_source=ig_web_copy_link">https://www.instagram.com/p/CAjk2rlAdyR/?utm_source=ig_web_copy_link</a>

# Glove Work

Drill Name	Purpose	Ideal Location	Link
Glove Flips	Glove Flips	Inside/Outside	<a href="https://www.instagram.com/p/CGLrcJ3Ax3/?utm_source=ig_web_button_share_sheet">https://www.instagram.com/p/CGLrcJ3Ax3/?utm_source=ig_web_button_share_sheet</a>
Ground Ball Bounce	Fielding bad hops, reaction to ball movement	Inside	<a href="https://www.instagram.com/p/CF12IK9AiLM/?utm_source=ig_web_button_share_sheet">https://www.instagram.com/p/CF12IK9AiLM/?utm_source=ig_web_button_share_sheet</a>
Deep Angle	Glove path, footwork, staying low	Inside/Outside	<a href="https://www.instagram.com/p/CfSDpk1ABGZ/?utm_source=ig_web_button_share_sheet">https://www.instagram.com/p/CfSDpk1ABGZ/?utm_source=ig_web_button_share_sheet</a>
First Base Multi Combo	Ball Reaction, scoops, fielding throws	Inside/Outside	<a href="https://www.instagram.com/p/CFQEnIIASRL/?utm_source=ig_web_button_share_sheet">https://www.instagram.com/p/CFQEnIIASRL/?utm_source=ig_web_button_share_sheet</a>
Backhand Flow	Adding backhand glove work movement	Inside/Outside	<a href="https://www.instagram.com/p/CE9rtxigNqF/?utm_source=ig_web_button_share_sheet">https://www.instagram.com/p/CE9rtxigNqF/?utm_source=ig_web_button_share_sheet</a>
Ball Read Transfer	Reaction, glove work, staying low	Inside/Outside	<a href="https://www.instagram.com/p/CE93LwogWou/?utm_source=ig_web_button_share_sheet">https://www.instagram.com/p/CE93LwogWou/?utm_source=ig_web_button_share_sheet</a>
Short Hop w/Bat	Quick Reaction, Forehand/Backhand Glovework	Outside	<a href="https://www.instagram.com/p/CIGzCPgosf/?utm_source=ig_web_copy_link">https://www.instagram.com/p/CIGzCPgosf/?utm_source=ig_web_copy_link</a>
First Base Scoop Drill	Scooping Balls in Dirt	Inside	<a href="https://www.instagram.com/p/B_pPPcCgDi4/?utm_source=ig_web_copy_link">https://www.instagram.com/p/B_pPPcCgDi4/?utm_source=ig_web_copy_link</a>
Short Hop Line Drill	Negative & Positive Glove Work Drills	Inside	<a href="https://www.instagram.com/p/Cle3-KBga6G/?utm_source=ig_web_copy_link">https://www.instagram.com/p/Cle3-KBga6G/?utm_source=ig_web_copy_link</a>

# Footwork

Drill Name	Purpose	Ideal Location	Link
SS Double Play	Footwork off bag for double plays	Inside/Outside	<a href="https://www.instagram.com/p/CFI0ZqlgzBo/?utm_source=ig_web_button_share_sheet">https://www.instagram.com/p/CFI0ZqlgzBo/?utm_source=ig_web_button_share_sheet</a>
Infield Multi Footwork	Footwork for 3B grounders	Inside/Outside	<a href="https://www.instagram.com/p/CE9g8qYnM_6/?utm_source=ig_web_button_share_sheet">https://www.instagram.com/p/CE9g8qYnM_6/?utm_source=ig_web_button_share_sheet</a>
Double Play- 2B	Receiving the ball as a 2B for Double Play	Inside/Outside	<a href="https://www.youtube.com/watch?v=MkrdHjPG0rU">https://www.youtube.com/watch?v=MkrdHjPG0rU</a>
Double Play- SS	Receiving the ball as a SS for Double Play	Inside/Outside	<a href="https://www.youtube.com/watch?v=B2ikwddP6HQ">https://www.youtube.com/watch?v=B2ikwddP6HQ</a>
Trosky Star Drill- No Ball	5 way footwork drill	Inside/Outside	<a href="https://www.youtube.com/watch?v=bn-qzwlfwOQ">https://www.youtube.com/watch?v=bn-qzwlfwOQ</a>
Middle IF- 3 Bag Double Play Footwork	Middle Infield Double Play Footwork	Inside/Outside	<a href="https://www.instagram.com/p/CICsvMQgQ25/?utm_source=ig_web_copy_link">https://www.instagram.com/p/CICsvMQgQ25/?utm_source=ig_web_copy_link</a>
Catchers Footwork- Throw downs	Catcher Footwork- Standing Throw	Inside/Outside	<a href="https://www.instagram.com/p/C179Sug-ph/?utm_source=ig_web_copy_link">https://www.instagram.com/p/C179Sug-ph/?utm_source=ig_web_copy_link</a>
Slow Roller One Leg Throw Drill	Slow Roller Footwork-Arm Slot Prep	Inside	<a href="https://www.instagram.com/p/CIUfOEMA4RK/?utm_source=ig_web_copy_link">https://www.instagram.com/p/CIUfOEMA4RK/?utm_source=ig_web_copy_link</a>

# Throwing

Drill Name	Purpose	Ideal Location	Link
Arm Path Band	Arm path & movement through positions	Inside	<a href="https://www.instagram.com/p/CGMuAaxAR6S/?utm_source=ig_web_button_share_sheet">https://www.instagram.com/p/CGMuAaxAR6S/?utm_source=ig_web_button_share_sheet</a>
Wall Ball-Transition/Reaction Drill	Quick Reaction/Transition Drills	Inside/Outside	<a href="https://www.youtube.com/watch?v=C7tsPcW93rU">https://www.youtube.com/watch?v=C7tsPcW93rU</a>
Double Play- Flips from 2B	2B Flips to SS at second to turn Double Play	Inside/Outside	<a href="https://www.youtube.com/watch?v=bjnYBAkdrw">https://www.youtube.com/watch?v=bjnYBAkdrw</a>
Double Play- Flips from SS	SS Flips to 2B at second to turn double play	Inside/Outside	<a href="https://www.youtube.com/watch?v=HVUVVVU8jJA">https://www.youtube.com/watch?v=HVUVVVU8jJA</a>
On the Run Drills/Explanations	On the Run Walk Through	Inside/Outside	<a href="https://www.instagram.com/p/CHwrwDWgEwg/?utm_source=ig_web_copy_link">https://www.instagram.com/p/CHwrwDWgEwg/?utm_source=ig_web_copy_link</a>
High Level Throwing Arm Slot Drills	Arm slot drills to help you throw from any position	Inside/Outside	<a href="https://www.instagram.com/p/CGkuMEUgITT/?utm_source=ig_web_copy_link">https://www.instagram.com/p/CGkuMEUgITT/?utm_source=ig_web_copy_link</a>
Throwing Loop	Throwing Accuracy	Inside/Outside	<a href="https://www.instagram.com/p/CJCT41RJ70j/?utm_source=ig_web_copy_link">https://www.instagram.com/p/CJCT41RJ70j/?utm_source=ig_web_copy_link</a>

# Pressure & Reaction Drills

Drill Name	Purpose	Ideal Location	Link
Quick Hand Drop	Reaction time & quick hands	Inside	<a href="https://www.instagram.com/p/CGDDFmxgWcn/?utm_source=ig_web_button_share_sheet">https://www.instagram.com/p/CGDDFmxgWcn/?utm_source=ig_web_button_share_sheet</a>
Hand Eye Challenge	Reaction time & quick hands	Inside	<a href="https://www.instagram.com/p/CF7SOIWgv0S/?utm_source=ig_web_button_share_sheet">https://www.instagram.com/p/CF7SOIWgv0S/?utm_source=ig_web_button_share_sheet</a>
Quick Reaction Competition	Reaction Time, Focus & Competitiveness	Inside	<a href="https://www.instagram.com/p/Cgi0vAhgYq7/?utm_source=ig_web_copy_link">https://www.instagram.com/p/Cgi0vAhgYq7/?utm_source=ig_web_copy_link</a>
Hand Eye Cognition Drill	Reaction, Hand Eye Coordination	Inside	<a href="https://www.instagram.com/p/CF7SOIWgv0S/?utm_source=ig_web_copy_link">https://www.instagram.com/p/CF7SOIWgv0S/?utm_source=ig_web_copy_link</a>
Bad Hop Reaction Drill	Reaction to the ball on bad hops	Inside	<a href="https://www.instagram.com/p/CF12IK9AiLM/?utm_source=ig_web_copy_link">https://www.instagram.com/p/CF12IK9AiLM/?utm_source=ig_web_copy_link</a>