



3 Week Fielding Quickness Development Workout

Week 1: Monday-Wednesday-Friday

Fielder Curls	3 sets of 10 reps (add weight each set)
Fielder Lateral Shuffles	3 sets of 10 reps each side
Front to Back Balance Hops	3 sets of 10 each side

Week 2: Monday-Wednesday-Friday

Fielder Curls	3 sets of 8 reps (add weight each set)
Fielder Lateral Shuffles	3 sets of 12 reps each side
Front to Back Balance Hops	3 sets of 10 each side

Week 3: Monday-Wednesday-Friday

Fielder Curls	3 sets of 6 reps (add weight each set)
Fielder Lateral Shuffles	3 sets of 15 reps each side
Front to Back Balance Hops	3 sets of 10 each side