



Training Session Agenda Sunday, February 16th, 2020

3:00 – 3:15 Dynamic Stretching

3:15 – 3:25 Position player long toss
Pitcher & catchers warm up

3:30 – 4:15 Organizational pitch tracking with live bunts and base running reads

Field assignments will be:

18u: Small field/cage 4:15 – 4:50
Turf 4:50 – 6:00

16u: Turf 4:15 – 4:50
Small field/cage 4:50 – 5:25
Turf 5:25 – 6:00

14u: Turf 4:15 - 5:25
Small field/cage 5:25 – 6:00

**Coach Ingalls will be available and plans on throwing half cage or swing shot to all the teams during their cage time.*

"Master the little things"

"Don't do it until you get it right. Do it until you can't get it wrong"

4:15 – 4:25 Hand/glove work

- Knees with gloves
 - Front, glove side & back hand (get to common starting ground)
- Standing up with gloves
 - Front, glove side & back hand (get to common starting ground)

4:25 – 4:35 PPD's (Pre Pitch Dance) & SVT's (Sequence Variation Training)

- Have a set routine before EVERY pitch (**Prepare** yourself to **WIN** every pitch)
 - 1. **THIS IS NOT OPTIONAL....players that choose FOCUS & EFFORT will play**
 - 2. **Pre pitch COMMUNICATION**
- 3 person drill
- Split up into groups with balls
 - 1. ADD pre-pitch communication to the drill

4:35 – 4:45 Throwing Sequence Drill

- Forehand flips and backhand flips (6 feet)
- Dart throws and sway throws (18 feet)
- Power step, jab step, jump turns from (60 feet)



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4:45 – 5:00 Bunting/Bunt Defense

- Set up full infield (with pitcher & catcher)
- Live pitching with batter

5:00 – 5:10 Outfield Relay Race

- Two (2) three player teams

5:10 – 5:25 Outfield Cutoffs

- To 2nd
- To 3rd (short stop to get cut – pitcher to back up 3rd)
- To Home (1st base to get cut – SS back up 3rd – pitcher back up home)

5:25 – 6:00 Hitting

- 6 stations
 - PCV – Stride & Load and Rotate (To CONTACT & then FULL rotation hitting ball of tee)
 - PCV hip thrust (pull/keep hands back)
 - Frisbee drill (with ball under arms)
 - Crossover drill (with tee)
 - Bunting (2 players)
 - Live hitting w/ Coach Ingalls