



## **Training Session Agenda** **Sunday, February 23<sup>rd</sup>, 2020**

**3:00 - 3:25** Dynamic Stretch & Throw

**3:25 - 4:15**

18U Small Turf/Cages  
16U Defensive Reps on Turf  
**14U Team Time on Turf**

**4:15 - 5:05**

18U Team Time on Turf  
16U Small Turf/Cages  
**14U Defensive Reps on Turf**

**5:05 - 5:55**

18U Defensive Reps on Turf  
16U Team Time on Turf  
**14U Small Turf/Cages**

### **From Coach Ingalls:**

***\*Team Time on Turf:** is completely up to the coaches on how you would like to utilize the time and what you like to do.*

***\*Defensive Reps on Turf:** I would like to see this time utilized by giving the girls an opportunity to get as many reps in as possible. No situations, but get them a bunch of fly balls, ground balls etc. We have broken many things down throughout the weeks and have had team time working on situations, I want them to get a good sweat going and get them reps.*

*-My recommendation 15 min of reps without throwing, 15 min of catching then throwing, 15 min of catching and throwing to different bases.*

***\*Small Turf/Cages:** I would like to see your pitchers throw live to hitters in the middle tunnel. The other two sides can be utilized for whatever drills you see fit.*

*\*I will be available to throw live if needed and also hit ground balls and fly balls as needed*

*Two more weeks! We have done a great job and these girls have shown tremendous improvement. Let's keep it up!*

***"Master the little things"***

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

### **3:25 – 3:35 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)



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### **3:35 – 3:45 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

### **3:45 – 4:00 Outfield Relay Race**

- Two (2) three player teams

### **4:00 – 4:25 Outfield Cutoffs**

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

### **4:25 – 4:40 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)

### **4:40 – 5:05 Infield work**

- Hit a ground ball to short stop – throws or under hand flips to 2<sup>nd</sup> base then runs to 2<sup>nd</sup> base
- 2<sup>nd</sup> base receives throw/toss from SS and uses double play footwork on throw to 1<sup>st</sup> base then runs to 1<sup>st</sup> base
- 1<sup>st</sup> base receives throw (proper 1<sup>st</sup> base footwork) from 2<sup>nd</sup> base and then runs to 3<sup>rd</sup> base
- 3<sup>rd</sup> base receives throw from 1<sup>st</sup> base makes a tag and under hand flips to person that was just at 3<sup>rd</sup> base and makes a tag and then goes to SS (**PUTS BALL IN BUCKET BEHIND SS**)

### **5:05 – 5:55 Hitting**

- 6 stations
  - PVC – Stride & Load and Rotate (To CONTACT & then FULL rotation hitting ball of tee)
  - PVC hip thrust (pull/keep hands back)
  - Crossover drill (with tee)
  - Bunting (2 players)
  - Tee station (high mid, high inside & high outside)
  - Live hitting w/ Kerrigan & Shelbi pitching