

2:30-3:00

Headshots

Grip Strength

Vertical Jump

3:00-3:10

Coaches Introduction and overview of the day

3:10-3:25

Dynamic Warmup-*see attached*

3:25-3:55

Catch and Throw-progressions

-Led by Bryan with Demonstrations

4:00-4:30

Primary Position Work

Pitchers/Catchers will be called over for Evaluations

4:35-4:55

Secondary Positional Work

5:00-5:50

Hitting Intro (Full Organization) Understanding our lower half and finish

Tee Drills

5:50 to completion

Mental Game