



Training Session Agenda **Sunday, January 5th, 2020**

3:00-3:15

Jog and Dynamic

3:15-3:30

Catch and Throw

3:30-3:35

Coaches Talk and explain defensive drills

3:40-4:10 *Primary Positions*

Defensive Station #1

Louie-Middles (Forehand flips and short throws; SS to 2B/2B to 1B, backhand and get in front of balls to right, work into throws; SS to 2B/2B to SS & SS to 1b/2B to 1B)

Kareem-Outfield (Work outfield communication with backups & Balls over heads, track, react, footwork to throw

Brad-Corners (Force out footwork, receive throws from coach from 30ft into bownet; simulate throws to 2B and H)

Pitchers: with Laurie

-Angelina, Beth, Michaela, Kerrigan; work spins into long toss, 20 change ups from 43ft

-Rest of the pitchers (2nd defensive session) 15 FB in & out, 15 CH in & out, 10 FB from 60ft.

-Catchers will work both defensive sessions with Bryan

4:10-4:40 *Secondary Positions*

Defensive Station #2

Louie-Middles

Kareem-Outfield Brad-Corners (Force out footwork, receive throws from coach from 20-25 ft)

Laurie: Neff, Rossi, McEvoy, Haugues, etc 15 FB in & out, 15 CH in & out, 10 FB from 60ft.

Bryan: Catchers: Catch Pitchers

Intermission/Break

4:50-5:50 Group split in half

Offensive Work (two 30 minute intervals, hitting/baserunning)

10-12 Stations

-3 PVC Pipe Drills

*Pipe behind hips/butts; work the pipe to hitting zone

*Shoulder tilt 50% speed

*Full Swing 100%, do not let pipe touch ground

-2 Front toss stations, move L screens closer to divider net and make the front toss 10 or so, stress line drives, middle of field.

-Bunt station, squeeze & sacrifice

-Syracuse Drill; engage legs with rhythm

-Babe Ruth Drill with Pose; check posture and lower half

-Bucket Drill

Batter's Box Battle