



Training Session Agenda **Sunday, January 19th, 2020**

3-3:10 Team Communication Talk (Kareem)

3:10-4:05

- 14U on Small Field with Bryan & Laurie
 - Pitch Tracking, Base running, Hitting Drills, P/C's workout
- 16U Team Hitting/Defense on turf with Brad, Louie & Kareem
- 18U Team Time

4:05-5:00

- 14U on turf - Team Hitting/Defense Brad & Dan
- 16U Team time
- 18U Small Field with Bryan

5:00-5:55

- 14U Team Time
- 16U Small Field with Bryan & Laurie
 - Pitch Tracking, Base running, Hitting Drills, P/C's workout
- 18U Team Hitting/Defense on turf with Louie, Kareem & Dan

Team Hitting/Defense sessions:

- 25 min Defense (50% reps, 50% I/O together)
- 25 min Hitting (7 station, 3 min per station; no more than 4 min talking!)
 - Frisbee
 - Pro glider
 - Hammer Bat
 - Posted PVC, Hip Thrust (create separation)
 - PVC Shoulder Tilt
 - Syracuse Drill
 - Babe Ruth Drill

5:55-6:00 Wrap up *(before we take care on personal equipment, make sure girls help with team equipment)*



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"Master the little things"

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

5:00 – 5:10 Hand/glove work

- Start on knees with tennis balls and no gloves
 - Front, glove side & back hand (get to common starting ground)
- 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)

5:10 – 5:20 PPD's (Pre Pitch Dance)

- Have a set routine before EVERY pitch (**Prepare** yourself to **WIN** every pitch)
 - **THIS IS NOT OPTIONAL....players that choose FOCUS & EFFORT will play**
 - **Pre pitch COMMUNICATION**
- 3 person drill

5:20 – 5:30 SVT's (Sequence Variation Training)

- One line across without balls
 1. Glove side
 2. Back hand
 3. Open step left
 4. Open step right
 5. Line drive/straight
 6. Attack slow roller (come around ball to set up feet)
- Split up into 2 groups with balls

5:30 – 5:45 STAR Drill

- Home to SS
- SS to 1st
- 1st to 3rd
- 3rd to 2nd
- 2nd to Home

5:45 – 5:55 Infield work

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