Training Session Agenda
Sunday, January 26th, 2020

3-3:10

3:10-3:55
> **-14U on Small Field with Bryan, Laurie & Jace**
>   **-Pitch Tracking & Hitting Drills**
> -16U Team Defense on turf with Brad, Louie, Kareem
> -18U Team Time

3:55-4:40
> **-14U Team Defense Brad & Jace**
> -16U Team time
> -18U Small Field with Bryan & Dan
>   --Pitch Tracking & Hitting Drills

4:40-5:25
> **-14U Team Time**
> -16U Small Field with Bryan & Laurie
>   -Pitch Tracking & Hitting Drills
> -18U Team Defense on turf with Louie, Kareem & Dan

5:25-5:55
> Organization Situational Defense/Base running

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

***Team Hitting/Defense sessions:
> **-15 minute segments**
>   **-Individual position skills**
>   **-Combined I/0**
>   **-Combined Situational I/0**

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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"

4:40 – 4:50   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)

4:50 – 5:00   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
- 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
  1. ADD pre-pitch communication to the drill

5:05 – 5:15   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)

5:15 – 5:25   Diving Drills
- From knees *(non-glove hand out in front to brace yourself)*
- Standing position
- 2 lines
  - Left side
  - Right side