



Training Session Agenda Sunday, February 2nd, 2020

*"Master the little things"
"Don't do it until you get it right. Do it until you can't get it wrong"*

3:00 – 3:10 "Everydays" throwing & catching warm-up

3:10 – 3:15 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

3:15 – 3:20 Outfield work

- Open step left and right to track and get **BEHIND** ball
- **FIRST STEP BACK!!!**

3:20 – 3:30 Throw downs to 2nd, 1st & 3rd

- **EVERYONE** moves on every pitch

3:30 – 4:00 Hitting

- 5 stations
 - PCV shoulder tilt (hit ball off tee)
 - PCV hip thrust (pull/keep hands back)
 - Frisbee drill
 - Stride drill (hit ball off tee)
 - Bunting (if enough players)
- Live pitching (Shelbi & Hanna)

4:00 - 4:30

Organization Situational Defense/Base running