



Training Session Agenda Sunday, February 9th, 2020

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

Evaluation Day/Practice

3-3:25 Dynamic Stretch and Throw (All pitchers and catchers warm up)

3:25 - 4:15

14U Turf

16U Turf

18U Small Field for Top 100, also can utilize area for hitting

4:15 - 5:05

14U Turf

16U Small Field for Top 100, also can utilize area for hitting

18U Turf

5:05 - 5:55

14U Small Field for Top 100, also can utilize area for hitting

16U Turf

18U Turf

3:25 – 3:35 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)

3:35 – 3:45 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



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3:45 – 4:00 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)

4:00 – 4:15 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*)

4:15 – 4:35 Outfield work

- Open step left and right to track and get BEHIND ball
- FIRST STEP **BACK!!!**
- Cuts to 2nd
- Cuts to 3rd
- Cuts to Home

4:35 – 4:50 Throw downs to 2nd, 1st & 3rd

- EVERYONE moves on every pitch

4:50 – 5:05 Base Running

- Timing of leads
- Lead at 3rd (start foul & come back MORE foul)
 - Do not “bait” catcher”
- Delayed steals

5:05 – 5:55 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)