

# 01/03/2023

**11:30 – WEIGHTS**

- **Packets – DISCUSS**
- **Check Goal Board – UPDATED GOALS**

**AFTER WEIGHTS**

- **Attendance**
  - **Group Leaders**
  - **4 Freshman**
  - **GET SHEETS AND PENCILS FROM ME**
- **Equipment Out – SEE LIST (GRADES 10-12)**
  - **4 Cages Up (2 Divided/2 Machines)**

## **Tuesday, January 3, 2023**

**12:30 – 4 STATIONS – 20 MINUTES EACH**

**#1 & #2 Switch AND #3 & #4 Switch (THEN #1 & #2 GO OUTSIDE AND #3 & #4 GO INSIDE)**

- **STRETCH/MED BALLS/P'S READS (Grade 9 B-P) – FIELDHOUSE**
- **STRETCH/HIT (Grade 12 & Grade 11 O-W) – FIELDHOUSE**
  - **Stretch**
  - **Hit**
  - **East End of Fieldhouse**
    - **SAC Bunt**
    - **Forearm Work**

- *Cage 4 – Partner Flips/Overhand in each half of cage*
- *Cage 3 – Partner Flips/Overhand in each half of cage*
- *Cage 2 – Machine*
- *Cage 1 – Machine*
- *STRETCH/THROW (Grade 11 A-M & Grade 10 H-Z) – OUTSIDE*
  - *Stretch*
  - *Throw*
- *STRETCH/SPEED WORK (Grade 10 B-G & Grade 9 R-W) – OUTSIDE*
  - *Stretch*
  - *Speed Work*

*1:55 – Defense – ALL VARSITY FIELD*

*2:30 – Wrap-Up*