01/31/2023

Kosteba with grades 11 & 12

1. If you need more distance when throwing (use the cages if they are set up)
2. Get 5-6 pulldowns in Tuesday and Thursday this week (use the cages if they are set up)
3. Use our 1-5 scale when deciding how your arm feels prior to throwing
4. ***TODAY WE ARE GOING TO FOCUS ON HITTING THE OTHER SAW A LOT OF OUR UPPERCLASSMEN TRYING TO PULL, PULL, PULL (doing too much and flying open)***
5. Pitchers continue to get recovery work in on days following mound work

Plan for Tuesday, January 31, 2023