

# 02/09/2023

## NOTES:

- Data (Exit Velo, Pop Times, Pitcher Strike %, 78' Times, etc.) – [CLICK THIS LINK FOR DATA](#) (see tabs at bottom of page for more items)
- Throwing Notes
  - Arm Scale 1-5 (1 and 2 skip throwing???, 3 scale it back some...# of throws and distance, 4 and to go)
  - Pulldowns 5-6
  - Use the cage nets to get more needed
  - IF, OF, C continue to add positional work to throwing work – [CLICK THIS LINK FOR OPTIONS](#)
  - Post Throw and Recovery Work is always on the plan (SEE TABLE ON THE PLAN)
- This Week Competitions
  - All Grade 10-12 Pitchers (Strike/Ball Percentages)
  - All Grade 10-12 Exit Velo (those who don't do it today should do it Friday)
  - Rundowns
  - Notecard Accountability
- [JOEY VOTTO VIDEO LINK DISCUSSING HITTING](#) (take a minute and watch)
- Plan for Thursday, February 9, 2023