

**02/16/2023**

***Good Players Inspire  
Themselves, Great Players  
Inspire Others***

**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 5...good to go)
  - Pulldowns 5-6
  - Use the cage nets to get more distance...if 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)

Plan for Thursday, February 16, 2023