

# 09/26/2022

Grade 10 – check to see who is in the hitting groups on the varsity field. If you aren't you will go with grade 9 today.

**Monday, September 26, 2022**

**2:18 – ATTENDANCE – PLAYERS DO ROLL CALL (EACH TAKE THEIR SHEET & PEN)**

- **WEBER – GRADE 12**
- **ARNOLD – GRADE 11**
- **KOSTEBA – GRADE 10**
- **MOFFITT – GRADE 9**
- **SAME GUYS DO DAILY (YOUR RESPONSIBILITY) – DON'T MISS ANYONE**

**2:23 – EQUIPMENT OUT**

- **ASSIGN INDIVIDUAL STUFF (SEE LIST BELOW – GET & PUT UP)**

**CHECK EQUIPMENT – ALL EQUIPMENT OUT OR SPEED WORK DAY**

**2:30 – DISCUSSION**

- **GEAR SIZES – FILL-OUT FORM USING THE LINK I HAVE ON THE PRACTICE PLAN FROM 9/23**
- **If not done by Wednesday you will be taken out of practice to go get it done with Coach Mac in his room**
- **10/16 – 12/5 – THROWING SHUTDOWN**
- **Keep Sleeves in Bag – IF WE GO SLEEVES YOU MUST HAVE THEM OR NO PRACTICE**

**2:35 – RUNDOWNS – COMPETITION**

- **Review Rundowns**

- **7 Groups (Competition Groups) – GRADE 9 RUN**
- **Round 1 – 3 Groups**
- **Round 2 – 2 Groups**
- **Round 3 – 2 Groups**
- **Coach Timed (8 Outs)**

**Grades 9 & 10 – SPEED WORK UNTIL 3:30 (TAKE EQUIPMENT)**

- **WARM-UP – 5 LINES**
  - 1. Extensive pogo (blood flow) x 30 seconds
  - 2. Inchworm (hamstrings) x 5
  - 3. Gates (hips) x 5 each
  - 4. Side lunge (adductors) x 5 each
  - 6. BW squat x 5
  - 7. Intensive pogo x 15 seconds
  - 8. Frankenstein/Scoops
  - 9. Hamstring Pulls
  - 10. Sprints – 60'
  - 11. Extensive Broad Jump/Hands on Hips (20 yards – repeat contacts w/rhythm)
  - 12. Intensive Broad Jump (20 yards – max distance/minimal contact – use arms)
  - 13. One Leg Broad Jump EACH WAY (20 yards)
  - 14. Skater Jump (20 yards – full speed – minimal contact)
  - **OPPORTUNITY TO GET BETTER TODAY – DAILY PROCESS**
- **REMINDER – WE ARE LOOKING FOR MAX EFFORT WORK**
- **REPEATED TESTING TO TRACK PROGRESS**
- **Partner Front Band Pull – One Leg Plyo into decel landing**
- **3 Left Leg THEN 3 Right Leg – 2 SETS**

- *30' Max Speed*
- *Project forward, body angle, foot drive behind body*
- *3 SETS – 60 SECOND REST*
- *Band Release*
- *3 SETS – 60 SECOND REST*
- *30'*
- *Multiple Hops over Cones*
- *Limb stiffness*
- *5 CONES = 1 SET (3 SETS)*
- *Dog & Bone Game – GROUPS OF 4 (EACH GUY AS THE DOG)*
- *WRAP-UP – SEE WRAP-UP NOTES BELOW*

*Grades 10, 11, 12 – VARSITY FIELD UNTIL 4:30*

*2:45 – MENTAL TRAINING/VISUALIZATION*

- *See Sheet for Script*

*2:53 – Modified Stretch – COACH SWARTZ RUN*

- *See stretch sheet*
- *Upper Body – MUSTARD/ROTATORS*

*3:01 – Throw*

- *PARTNER UP – IF/OF/C (POSITIONAL THROWING ROUTINE)*
- *See sheet for routine*
- *P's – NO PLATES BUT COMMAND THROWS*
- *P's work on moves – PARTNER W/NON P (63  $\frac{1}{2}$ ' from rubber to base)*
- *Step Off, Step Off Throw, Throw Over w/Long Arm, Throw*

### ***Over w/Best Move***

- ***Others – Baserun (Read Move & Go Back)***
- ***BASERUNNERS READ MOVES (Back Standing/Head First – Technique)***
- ***P's work on CH's & 1st Pitch CB Strikes – P'S PARTNER UP FROM 50'***

### ***3:20 – Modified Live Work (MACHINE PITCH)***

#### ***NO LC HELMET = NO HITTING***

- ***#1-Cuevas, Carra, Michko, Weirs, Salinas***
- ***#2-0'Bryan, Warn, Peabody, Kosteba, Robinson***
- ***#3-Sivak, Zimmerman, Flores, Snyder, Szatkowski***
- ***#4-Arnold, Mercer, Smith, Ring, Marquez***
- ***#5-Nicola, Tobias, Santana, Romic, Weber***
- ***#1 HIT LIVE***
- ***#2 BASERUN***
- ***#3 TUNNEL***
- ***#4 DEFENSE***
- ***#5 DEFENSE***
- ***5 TO 4, 4 TO 3, 3 TO 2, 2 TO 1, 1 TO 5 – ROTATION PLAN***
- ***10 MINUTES PER GROUP***
- ***HIT LIVE ROUNDS***
- ***1B – SAC***
- ***1B – HIT & RUN***
- ***2B – MOVE RUNNER (0 OUTS)***

- **3B – SCORE RUNNER (LESS THAN 2 OUTS)**
- **3B – SUICIDE SQUEEZE**
- **IF TIME ALLOWS – AB'S WITH NO RUNNERS (PLAY OUT LIVE)**
- **QAB CHART KEPT – LOSING GROUPS = TRIANGLE**
- **TUNNEL ROUNDS (FASTBALL VELOCITY)**
- **3 SAC – 8 SWINGS**
- **5 2-STRIKE (TEE ON HIP)**
- **IF TIME ALLOWS – ROTATE IN & DO 8 SWINGS**

#### **ROBINSON BUNT WORK**

#### **CUEVAS SIDEARM WORK**

#### **4:23 – FIELD DUTIES/EQUIPMENT UP**

- **FIELD DUTIES**
  - C's – Home, V & H Bullpen Areas
  - IF's – 1B, 2B, 3B
  - P's – Field, V & H Bullpen Areas
  - OF's – Sweep Out V & H Dugouts AND Sweep Out V & H Dugout Storages
  - MISC. – Debris Pick-Up
- **EQUIPMENT UP**
  - SEE NOTES BELOW

#### **EQUIPMENT:**

**ALL EQUIPMENT MUST BE OUT IN PLACE OR WE WILL DO SPEED WORK/CONDITIONING INSTEAD OF THE PLAN ABOVE**

- **VARSITY FIELD**
  - Bases Out-0'Bryan, Snyder, Warn
  - Baseballs-Tobias

- Machine-Michko
- Machine Balls-Arnold
- L-Screen-Wiers
- Mat under Machine-Smith
- Bubba-Carra, Peabody, Reese, Zimmerman, Marquez, Cuevas, Szatkowski
- Mat at home-Sivak
- Plate-Salinas
- Machine/Cords-Romic & Weber

- **TUNNEL**

- Machine/Cords-Kosteba & Mercer
- Machine Balls-O'Keefe
- Mat-Nicola
- Plate-Robinson
- L-Screen-Flores & Nicola
- Tee-Ring

- **GRADE 9 & 10 – SOFTBALL FIELD**

- Cones
- Baseballs
- All Green Bands