

09/28/2022

SOFTBALL FIELD

SAME GROUP THAT WAS ON THE VARSITY FIELD MONDAY

Grades 10-12 – SPEED WORK UNTIL 3:30 (TAKE EQUIPMENT – All Green Bands, Cones, Tape Measure, Baseballs)

- **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'

- **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 – 2x'S)*
- *THROW*
 - *PARTNER UP – IF/OF/C (POSITIONAL THROWING ROUTINE)*
 - *See sheet for routine*
 - *P's – NO PLATES BUT COMMAND THROWS (CONES)*
 - *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'*
- *COMPETITION – OF/IF/OF CUT DRILL (6 REPS)*
- *WRAP-UP*