09/29/2022

Grades 9 & 10 – VARSITY FIELD UNTIL 4:30

EQUIPMENT OUT – SEE LIST BELOW

2:25 – Modified Stretch – COACH SWARTZ RUN

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

2:32 – Throw

- PARTNER UP – IF/OF/C *(POSITIONAL THROWING ROUTINE)*
- *See sheet for routine*
- *P's – PLATES*
- *P's work on moves – PARTNER W/NON P (63 ½' 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'*

2:52 – Modified Live Work (PLAYER PITCH)

- *GROUPS*
  - *PITCHERS – APPROXIMATELY 15-20 PITCHES EACH*
    - *Thuftedal & Brower get loose immediately*
    - *Sanchez & Moffitt get loose while Round 1 is*

going on live

- ***O'Bryan & Villegas get loose while Round 2 is going on live***
- ***Continue process through round 6***
- ***Round 1 – Thuftedal & Brower – PITCH***
- ***Round 2 – Sanchez & Moffitt – PITCH***
- ***Round 3 – O'Bryan & Villegas – PITCH***
- ***Round 4 – Maurer & Mario – PITCH***
- ***Round 5 – Jakubowski & Lagalo – PITCH***
- ***Round 6 – Eggebrecht & Jackson – PITCH***

- ***CATCHERS***
  - ***Need to have a catcher on the field and in the bullpen at all times***
- ***GROUPS***
  - ***#1 Defense – Thuftedal, Brower, Colburn, Maurer, Castrejon, O'Bryan***
  - ***#2 Defense – Sanchez, Moffitt, Binkley, Chapman, Cucuz, Villegas***
  - ***#3 Defense – Figg, DiBitetto, Garza, Hein, Hines, Halfeldt***
  - ***#4 Defense – Hufnagle, LoBue, Moore, Reese, Swinarski***
  - ***#5 Tunnel – Mario, Jakubowski, Lagalo, Eggebrecht, Piquion***
  - ***#6 Field/Live – Jackson, Stafford, Mansour, Klein, Guirgus, Barry***
- ***ROTATIONS***

        - ***6 TO 5, 5 TO 4, 4 TO 3, 3 TO 2, 2 TO 1, 1 TO 6***
        - ***ROTATE GROUPS AFTER BOTH PITCHERS COMPLETE THEIR WORK***
    - ***LIVE AB'S***
        - ***1-1, 1-2, 2-1 (COUNTS)***
    - ***TUNNEL***
        - ***3 SAC & 5 CUTS***
        - ***5 2-STRIKE W/TEE ON HIP***
        - ***ROUNDS OF 5 CUTS UNTIL WE ROTATE***
        - ***FASTBALL VELOCITY***

4:10 – Equipment Pick-Up & Wrap-Up

- Friday AS – speed work then weights

EQUIPMENT

- **Home Bullpen Pitching Rubbers & Plates – Figg & Garza**
- **Throw Down Plates – Hein**
- **Varsity Field Bases & Pitching Rubber – DiBitetto, Cucuz, Binkley**
- **Varsity Field Home Plate Area Mat & Plate – Halfeldt, Chapman**
- **Tunnel Machine, Cords, Mat, Plate, L-Screen, Machine Balls, Tee – Moore, Reese, LoBue, Swinarski**
- **Gameballs – dugout storage – Sanchez**