

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 $\frac{1}{2}$ ' 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'*

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

- *0'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 – 0'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, 0'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