

09/30/2022

FRIDAY, SEPTEMBER 30, 2022

- **ADDRESS WEDNESDAY PRACTICE COPY/NOTES**
- **CUEVAS W/CATCHER TO THROW AFTERWARDS**

- **CONES AT 15', 30', 60'**
- **ATTENDANCE**
- **DIVIDE INTO 6 GROUPS & SET UP CONES AT 30', 45', 60'**
- **WARM-UP**
 - 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'
 - $\frac{1}{2}$ Speed
 - $\frac{3}{4}$ Speed
 - Full Speed
 - Full Speed
 - 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**
- **GRADE 9 & CLASS BLUE DAY – HILL (JOG THERE & BACK)**
- **GRADE 10-12 NON-CLASS BLUE DAY – BASEBALL FIELD**
- **HILL**
 - **3 or 4 sprints (COACH NOVOSEL DECIDE – WE WANT THEM FRESH FOR EACH REP)**
 - **90 second rest**
 - **JOG TO BASEBALL FIELD WHEN DONE**
- **BASEBALL FIELD**
 - **Dog & Bone – COD**
 - **Each guy is the dog twice (8 rounds)**
 - **10 Second Rounds**
 - **Losers = 5 Push-Ups**
 - **Band Resisted Sprints – FROM LEAD-OFF POSITION**
 - **2 OFF OF “GO”**
 - **2 OFF OF PITCHER MOVE**
 - **60 Second Rest**
 - **JOG TO HILL**

2:50 – LEAVE FOR WEIGHT ROOM – GRADE 9 & BLUE DAY LIFTERS

2:50 – OTHERS STAY & FINISH WORKOUT

EQUIPMENT:

- **Green Bands**