

10/04/2022

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

- **LAST WEEK THIS GROUP LEFT OUT CORDS – Moore, Reese, LoBue, Swinarski**
- **TRIANGLE FOR NOT GETTING THIS DONE**

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**
- **LC Helmets – NO HIT**

2:35 – MENTAL WORK

2:45 – STRETCH

- **Normal Stretch Routine**

2:52 – SPEED WORK – cones at 30' & 45'

- **Decelerate – COACH COMMAND “GO” & “STOP”**
- **Quick starts & try to get to full speed**
- **STOP – THROW ON BRAKES (STICK THE STOP)**
- **4 REPS**
- **Sprint Starts**
- **2 Shuffles Right – SPRINT (COD)**
- **2 Shuffles Left – SPRINT (COD)**
- **Skater Left/Skater Right – SPRINT (COD)**
- **Skater Right/Skater Left – SPRINT (COD)**
- **Left Foot Forward Sprinter Stance/Jump Back – SPRINT**
- **Right Foot Forward Sprinter Stance/Jump Back – SPRINT**
- **30' SPRINT**
- **60+ SECONDS REST**
- **Plyo Work**

- **Skaters – USE ARMS/45 DEGREE ANGLES**
- **Broad Jump – NO BAND**
- **Broad Jump – WITH BAND RESISTANCE (2 REPS)**
- **30' – 45'**
- **60+ SECONDS REST**

3:12 – RUNDOWN 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)**

3:20 – STRETCH/THROW (POSITIONAL WORK) – GRADES 9 & 10 TO JV FIELD

- **O'Keefe, Mercer, Kosteba – STAY AT VARSITY FIELD TODAY**
- **Rotators**
- **Mustard Stretching**

3:30 – LIVE (COACH MAC WILL HAVE INFO FOR GRADES 9 & 10 ON JV FIELD)

- **Live**
 - **Carra, Peabody, Reese, Ring**
 - **HIT/ON DECK**
 - **DEFENSE/DEFENSE**

- TUNNEL/DEFENSE
 - Romic, Santana, Snyder, Warn
 - ON DECK/HIT
 - DEFENSE/DEFENSE
 - DEFENSE/TUNNEL
 - Weber, Arnold, Cuevas, Michko
 - TUNNEL/DEFENSE
 - HIT/ON DECK
 - DEFENSE/DEFENSE
 - Marquez, O'Bryan, Robinson, Salinas
 - DEFENSE/TUNNEL
 - ON DECK/HIT
 - DEFENSE/DEFENSE
 - Sivak, Smith, Szatkowski, Tobias
 - DEFENSE/DEFENSE
 - TUNNEL/DEFENSE
 - HIT/ON DECK
 - Wiers, Kosteba, O'Keefe, Mercer
 - DEFENSE/DEFENSE
 - DEFENSE/TUNNEL
 - ON DECK/HIT
- **LAST LIVE WORK DATA**
 - **SAC 15-26, H&R 16-26, MOVE 2B 18-26, SCORE 3B 17-26, SQUEEZE 13-26**
 - **DETAILS & EXECUTION – HAS TO IMPROVE**
 - **ON FIELD – MOVING RUNNER FROM 2B, SCORING RUNNERS FROM 3B**
 - **TUNNEL – SAC BUNTS**
 - **HIT & ON DECK (ROTATE BETWEEN THE TWO EVERY 3 OUTS MADE)**
 - **TUNNEL & DEFENSE (SWITCH BETWEEN THE TWO AFTER 10 MINUTES)**
 - **HIT LIVE**

- **FASTBALL COUNT EMPHASIS**
- **EVERY PITCH THINK SWING (PUT ON BRAKES ON PITCHES YOU DON'T WANT)**
- **HITTERS WAITING TO HIT LIVE**
 - **ON DECK ROUTINE (MENTAL IMAGERY, BREATHING**
 - **TIMING (THINK SWING)**
 - **NOT TIME TO SOCIALIZE/PREPARE TO HIT**
- **TUNNEL – HIGH VELO/CHALLENGE YOURSELF & BE ON TIME**
 - **ROUNDS OF 2 SAC & 8 CUTS**

4:35 – WRAP-UP

EQUIPMENT

- **Cones-Carra**
- **Tape Measure – COACH SWARTZ**
- **Green Bands – ALL-Peabody**
- **Baseballs-D. Reese**
- **Bases Out-Ring, Romic, Santana**
- **AT HOME PLATE**
 - **Bubba-Tobias, Wiers, O'Keefe, Kosteba, Mercer**
- **Mat & Plate-Snyder & Warn**
- **AT MOUND AREA**
 - **Portable Mound-Weber**
 - **Mat-Arnold**

- *L-Screen-Cuevas*
- *TUNNEL*
- *Mat & Plate-Michko & Marquez*
- *Machine-0'Bryan*
- *Cords-Robinson & Salinas*
- *L-Screen-Sivak*
- *Machine Balls-Smith*