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-O'Bryan***
- ***Cords-Robinson & Salinas***
- ***L-Screen-Sivak***
- ***Machine Balls-Smith***