

# 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*