

10/06/2022

Thursday, October 6, 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

2:30 – DISCUSSION

- **Keep Sleeves in Bag – IF WE GO SLEEVES YOU MUST HAVE THEM OR NO PRACTICE**
- **LC Helmets – NO HIT**

2:35 – MENTAL WORK

2:42 – STRETCH

- **Normal Stretch Routine**

2:48 – SPEED WORK – cones at 30' & 45'

- **2-Ball Drill – COD/SPRINT**

- *Tennis Ball/Baseball*
- *Tennis Ball = pick it up and finish sprint*
- *Baseball = beat ball to finish*
- *3 REPS – 60 SECOND REST*
- *60'*
- *Acceleration*
 - *Band Resisted Kneeling Projection*
 - *Left Knee Up/Start – 4 REPS*
 - *Right Knee Up/Start – 4 REPS*
 - *A Switch Variations*
 - *30' – 4 REPS*
 - *MB Static Chest Pass from 2 PT Stance*
 - *Left Knee Up/Start – 3 REPS*
 - *Right Knee Up/Start – 3 REPS*

3:05 – THROW – GRADE 9 TO JV FIELD TO DO THIS

- *O'Keefe, Mercer, Kosteba, Flores, Villegas – STAY AT VARSITY FIELD TODAY*
- *Rotators*
- *Mustard Stretching*
- *P's work at the end – CH'S & GET ME OVER CB'S*

3:15 – OF/IF/OF CUT COMPETITION

- *Review expectations with throws and receiving throws*
- *Throws – 4-seam grip (fight to find grip), no tail, through the box*

- *Receiving – meet the ball, hands up, body in position, catch with 2 hands*
- *7 Groups (Competition Groups) – GRADE 9 DO ON OWN*
- *Round 1 – 3 Groups*
- *Round 2 – 2 Groups*
- *Round 3 – 2 Groups*
- *Coach Timed (Down & Back 3 TIMES)*

GRADE 10 TO JV FIELD

VARSITY FIELD GROUP

- *Sled Work – ONLY THOSE STAYING ON THE VARSITY FIELD*
 - *Push – 3-Way Variation – HEAVY*
 - *Straight Ahead – 2 REPS*
 - *Left Angle – 1 REP*
 - *Right Angle – 1 REP*
 - *30'*
 - *90 SECOND REST*

3:25 – LIVE (COACH MAC WILL HAVE INFO FOR GRADES 9 & 10 ON JV FIELD)

- **ROUND 1**
 - Carra, Peabody, Reese, Ring – HIT ON FIELD
 - Romic, Colburn, Snyder, Warn – SLED WORK (SEE ABOVE)
 - Weber, Arnold, Cuevas, Michko – HIT IN TUNNEL
 - Marquez, O'Bryan, Robinson, Salinas – DEFENSE
 - Sivak, Villegas, Szatkowski, Flores –

DEFENSE

- Wiers, Kosteba, O'Keefe, Mercer – DEFENSE
- ROUND 2
 - Carra, Peabody, Reese, Ring – DEFENSE
 - Romic, Colburn, Snyder, Warn – HIT ON FIELD
 - Weber, Arnold, Cuevas, Michko – SLED WORK (SEE ABOVE)
 - Marquez, O'Bryan, Robinson, Salinas – HIT IN TUNNEL
 - Sivak, Villegas, Szatkowski, Flores – DEFENSE
 - Wiers, Kosteba, O'Keefe, Mercer -DEFENSE
- ROUND 3
 - Carra, Peabody, Reese, Ring – DEFENSE
 - Romic, Colburn, Snyder, Warn – DEFENSE
 - Weber, Arnold, Cuevas, Michko – HIT ON FIELD
 - Marquez, O'Bryan, Robinson, Salinas – SLED WORK (SEE ABOVE)
 - Sivak, Villegas, Szatkowski, Flores – HIT IN TUNNEL
 - Wiers, Kosteba, O'Keefe, Merce – DEFENSE
- ROUND 4
 - Carra, Peabody, Reese, Ring – DEFENSE
 - Romic, Colburn, Snyder, Warn – DEFENSE
 - Weber, Arnold, Cuevas, Michko – DEFENSE
 - Marquez, O'Bryan, Robinson, Salinas – HIT ON FIELD
 - Sivak, Villegas, Szatkowski, Flores – SLED WORK (SEE ABOVE)
 - Wiers, Kosteba, O'Keefe, Merce – HIT IN TUNNEL
- ROUND 5
 - Carra, Peabody, Reese, Ring – HIT IN TUNNEL
 - Romic, Colburn, Snyder, Warn – DEFENSE
 - Weber, Arnold, Cuevas, Michko – DEFENSE
 - Marquez, O'Bryan, Robinson, Salinas – DEFENSE

- Sivak, Villegas, Szatkowski, Flores – HIT ON FIELD
- Wiers, Kosteba, O’Keefe, Merce – SLED WORK (SEE ABOVE)
- ROUND 6
 - Carra, Peabody, Reese, Ring – SLED WORK (SEE ABOVE)
 - Romic, Colburn, Snyder, Warn – HIT IN TUNNEL
 - Weber, Arnold, Cuevas, Michko – DEFENSE
 - Marquez, O’Bryan, Robinson, Salinas – DEFENSE
 - Sivak, Villegas, Szatkowski, Flores – DEFENSE
 - Wiers, Kosteba, O’Keefe, Merce – HIT ON FIELD
- ***HIT ON FIELD – 8 TO 10 MINUTES***
 - ***AHEAD IN COUNT – FASTBALL COUNT***
 - ***EVERY PITCH THINK SWING (PUT ON BRAKES ON PITCHES YOU DON’T WANT)***
 - ***BE ON TIME & SQUARE UP CONSISTENTLY – KEY TO THE BEST HITTERS***
 - ***AB 1 – 2-0 COUNT***
 - ***AB 2 – 2-1 COUNT***
 - ***AB 3 – 1-0 COUNT***
 - ***AB 4 – 0-0 COUNT***
- ***HITTERS WAITING TO HIT LIVE***
 - ***ON DECK ROUTINE (MENTAL IMAGERY, BREATHING***
 - ***TIMING (THINK SWING)***
 - ***NOT TIME TO SOCIALIZE/PREPARE TO HIT***

- **HIT IN TUNNEL – 8 TO 10 MINUTES**
 - **HIGH VELO/CHALLENGE YOURSELF & BE ON TIME**
 - **ROUNDS OF 2 SAC & 8 CUTS**
- **SLED WORK – 8 TO 10 MINUTES**

4:35 – WRAP-UP

FIELD MAINTENANCE

EQUIPMENT UP

EQUIPMENT

- **Cones-Carra**
- **Tape Measure – COACH SWARTZ**
- **Green Bands – ALL-Peabody**
- **Baseballs-D. Reese**
- **Bases Out-Ring & Romic**
- **Tennis Balls – Snyder**
- **Med Balls – Warn**
- **All Throw Down Plates/Bases – Weber**
- **1 Sled – Weirs**
- **All Weight Plates – O’Keefe & Mercer**
- **AT HOME PLATE**
- **Bubba-Kosteba, Flores, Villegas**
- **Mat & Plate-Arnold**
- **AT MOUND AREA**
- **Portable Mound-Cuevas**

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