

10/13/2022

2:18 – ATTENDANCE – PLAYERS DO ROLL CALL (EACH TAKE THEIR SHEET & PEN)

- **WEBER – GRADE 12 (SOMEONE FILL IN FOR WEBER)**
- **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)**

Grade 9&10- RF Line & Grades 10-12 – LF Line

- **Grade 10 w/Grade 9**
- **Binkley, Cucuz, Hines, Hufnagle, LoBue, Swinarski, Chapman, Moore, Reese, DiBitetto, Hein**

2:35 – MENTAL WORK

2:45 – STRETCH

- **Normal Stretch Routine**
- **6 LINES**

2:55 – GRADE 9&10 – THROW (POSITIONAL WORK)

- **Rotators**
- **Mustard Stretching**
- **IF/OF/C – positional throwing (SEE SHEET)**
- **P's**
 - **Get CH's in (8-10 up to 150')**
 - **8 get me over CB's at the end**
- **RUNDOWNS – see notes below**
- **OF/IF/OF CUT DRILL – see notes below**

2:55 – GRADES 10-12 – SPEED WORK

- **#1 – Decelerate**
 - **Straight Ahead Start**
 - **STOP – THROW ON BRAKES (STICK THE STOP)**
 - **30' – 6 REPS**
 - **Minimum of 30 second rest**
- **#2 – 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**
- **#3 – Plyo Work**
 - **Skaters – USE ARMS/45 DEGREE ANGLES (2 REPS) – 30' w/60 seconds rest**
 - **Broad Jump – NO BAND (2 REPS) – 30' w/60 seconds rest**
 - **Broad Jump – WITH BAND RESISTANCE (2 REPS) – 30' w/60 seconds rest**
- **#4 – Pogo Series**
 - **One Leg Pogo (Hands on Hip)**
 - **Creative/Varied Hops – ALL DIRECTIONS**
 - **15 HOPS ON EACH LEG**
 - **NO SHOES POGOS**
 - **2 Feet Intense Pogos**
 - **1 Foot Pogos**
 - **(build resilient ankles, feet, calves – stiff contact through your toes)**
 - **8 SECONDS EACH**
 - **3 SETS EACH**

3:20 – GRADES 9&10 – SPEED WORK (see above)

3:20 – GRADES 10-12 – THROW (POSITIONAL WORK)

- **Rotators**
- **Mustard Stretching**

- *IF/OF/C – positional throwing (SEE SHEET)*

- *P's*

- *Get CH's in (8-10 up to 150')*

- *8 get me over CB's at the end*

- *COMPETITIONS*

Binkley, Cucuz, Hines, Hufnagle, LoBue, Swinarski, Chapman, Moore, Reese, DiBitetto, Hein, Villegas – COME OVER

- *RUNDOWNS*

- *Review Rundowns*

- *7 Groups (Competition Groups) – GROUPS NOT PARTICIPATING RUN*

- *Round 1 – 3 Groups*

- *Round 2 – 2 Groups*

- *Round 3 – 2 Groups*

- *Coach Timed (8 Outs)*

- *OF/IF/OF CUT DRILL*

- *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)*

- *Round 1 – 3 Groups*

- *Round 2 – 2 Groups*

- *Round 3 – 2 Groups*

- *Coach Timed (Down & Back 3 TIMES)*

4 to 4:15 – GRADE 9 & THOSE NOT IN CLASS – WEIGHT ROOM (TESTING)

3:45 – GRADES 10-12 – Defense/P's Moves & Runner Reads

- *OF/C – Defensive work in Outfield/Bullpen*

- *IF – P's Moves & Runner Reads on Infield*

- *SWITCH LOCATIONS AFTER 15 MINUTES*

- *DEFENSIVE WORK*

- *OF – Coach Novosel*

- *C – Coach Mac*

- *IF – Coach Mac*

- *P'S MOVES & RUNNER READS*

- *P's w/1B – USE 1B & POSSIBLY OTHER BASES???*

- *RHP – Step Off, Step Off Throw, Throw Over w/Long Arm, Throw Over w/Best Move*

- *LHP – Step Off, Step Off Snap Throw, Step Over Bad Move, Step Over Best Move (45 degrees)*

- *Others – Baserun (Read Move & Go Back OR Steal)*

- *GOING BACK (Back Standing/Head First – Technique)*

4:15 – FIELD DUTIES

4:25 – WRAP-UP

EQUIPMENT

- ***Cones – set up at 30' (RF & LF Line) – Michko, O'Bryan, Szatkowski***
- ***Items for IF work – Snyder, Tobias, Adamczewski***
- ***All Green Resistance Bands – Peabody***
- ***All Throw Down Bases & Plates – Sivak & Cuevas***
- ***All Baseballs – Robinson & Arnold***
- ***Flyball Machine & Cords – Salinas & Marquez***
- ***Bases Out on Field – Weirs, Mercer, O'Keefe***
- ***Pitching Rubber on Field – Smith***