

# 10/20/2022

Test Maxes/Data (Comparing August Testing with 1st 9 Weeks Testing) – SEE THE COLOR KEY FOR EXPLANATIONS OF COLORS

TCOE Data (Check to make sure your max numbers are not notify Coach Swartz)

**THURSDAY, OCTOBER 20, 2022**

- **OPPORTUNITY TO GET BETTER TODAY – DAILY PROCESS**
- **REMINDER – WE ARE LOOKING FOR MAX EFFORT WORK**
- **ATTENDANCE**
- **CONES AT 30', 45', 60', 90'**
  
- **DIVIDE INTO 10 GROUPS**
- **WARM-UP (VARSITY FIELD)**
  - 1. Extensive pogo (blood flow) x 30 seconds
  - 2. Inchworm (hamstrings) x 5
  - 3. Gates (hips) x 5 each
  - 4. Side lunge (adductors) x 5 each
  - 6. BW squat x 5
  - 7. Intensive pogo x 15 seconds
  - 8. Frankenstein/Scoops
  - 9. Hamstring Pulls
  - 10. Sprints – 60'
    - $\frac{1}{2}$  Speed
    - $\frac{3}{4}$  Speed
    - Full Speed
    - Full Speed
- **DECELERATION**
  - All Lines stop at 30'
  - Coach Voice Command

- 4-5 REPS
- **MINIMAL REST**
- COD
  - Partner Shadow Shuffle & Sprint – **COMBINE 10 GROUPS INTO 5 GROUPS**
  - **Start at 45' & Finish at 60'**
  - **Face Each other**
  - **Shuffle to Foul Line (VARY # OF SHUFFLES/MIX IT UP)**
  - **Lead Guy Decides when to get into sprint**
  - **4 REPS – 2 REPS AS LEADER & 2 REPS AS SHADOW**
  - **60 SECOND REST**
- ACCELERATE – **5 GROUPS**
  - Flying Sprints
  - **Build to 60' (MAX SPEED) & continue at full speed through 90'**
  - **3 REPS**
  - **90 SECOND REST**
- SPRINTS – **5 GROUPS**
  - Leads/Sprints – **START ON LF LINE**
  - **30' – 3 REPS**
  - **Off Pitcher Move**
  - **60 SECOND REST**
- **3:00 START – WEIGHT ROOM – GRADE 9**