

# 12/06/2022

*Tuesday, December 6, 2022*

**ATTENDANCE – GROUP LEADERS, KOSTEBA, 4 FRESHMAN (Responsible Daily)**

**6:40 – Discussion Points (LGI/LGI OPEN AREA) – HAMMER EYE CONTACT**

**\*lack of eye contact = disinterest**

- **What do we want to accomplish this winter from a skill perspective?**
  - **Speed Work**
  - **P's Moves/Reading P's (Aggressive Baserunning Mindset)**
  - **Competitive Hitting/Bunting Mindset**
  - **Build Arms leading into getting P's ready**
  - **Defensive Reps**
  - **Mental, Visualization, Routine Work (CLASSROOM TIME)**
- **What do we want to accomplish this winter from a mental perspective?**
  - **Mental, Visualization, Hitting/Pitching Routine Work**
  - **Classroom Meetings**
  - **COMPETITIVE ENVIRONMENT**
- **Daily – make the most of the day & opportunity to get better no matter how big or how small – “TRUST THE**

## PROCESS”

- These 1st 2 weeks are designed to create a foundation, mindset, expectations, and work ethic (WE COVER WHAT WE COVER)

6:48 – Equipment Out – SEE LIST (IF YOU TAKE IT OUT THEN PUT IT BACK...IN THE SAME SPOT YOU GOT IT) – GRADES 10 THROUGH 12

7:00 – Stretch- ALL

- *Dynamic (5-10 minutes)*
  - *Walking Knee Ups / Flamingo with Toe Touch*
  - *Forward Lunge with Arm Behind Head Stretch / Reverse Lunge with Twist*
  - *High Knees / Butt Kicks*
  - *Side Lunge into 3 Shuffle Steps / Switch Facing other Direction*
  - *Side Shuffle with Arm Swings / Switch facing other Direction*
  - *Heal to Toe, Touch Toe / Frankenstein*
  - *Ankling with Arm Circles*
- *Active Stretch (5 minutes)*
  - *Active Hips (20 sec.)*
  - *Active T (Slow, 15 sec. / Fast, 15 sec.)*
  - *Active Hamstring (2 Sets of 3 rolls and hold on 3rd roll)*
  - *Active Scorpion (Slow, 15 sec. / Fast, 15 sec.)*

- *Sprints*

- *2 Sets of Side Shuffle into Sprint*
- *Shuffle 5 yds. Then Sprint*
- *2 Sets of Full Sprint Halfway, then Decelerate*

**7:08 – Defense – ALL (HAVEN'T THROWN YET)**

- **OF – Novosel**
- **IF – Swartz**
- **C – Studer**
- **10 MINUTES**

***DEFENSIVELY OUR GOAL IS TO  
MAKE ALL THE ROUTINE PLAYS***

**7:20 – Grade 9 – LIFT (BRING BACK TO FIELDHOUSE AROUND  
8:05-8:10)**

**Grades 10-12 THROW & SPEED WORK**

- **GRADES 10-12 – ALL DO TOGETHER TO SHOW THE ROUTINE**
  - **Mustard – SEE SHEET/HAVE VIDEO (PHONE)**
  - **ARM CARE & RECOVERY**
    - ***Moving Flex T-Walks –  
FORWARD/BACKWARD (20 seconds  
each)***

- *Flex T Carioca – SIDE TO SIDE (30 seconds)*
- *Walking Arm Circles – 45 DEGREES – FORWARD/BACKWARD*
  - *Clockwise – FORWARD (30 seconds)*
  - *Counterclockwise – BACKWARD (30 seconds)*
- *CORE TEMPERATURE ELEVATION*
  - *Bounding – POWER SKIP W/HIGH ARMS – FORWARD/BACKWARD (15 seconds each way)*
  - *Step & Torque – LEFT & RIGHT/BACK & FORTH (30 seconds)*
  - *Tap & Go – LEFT & RIGHT/BACK & FORTH (30 seconds) – SIMULATES FOOT STRIKE FOR P*
  - *Posture Skip – FORWARD/BACKWARD (15 seconds each way)*
- *UPPER BODY FLEXIBILITY*
  - *Hand/Finger Press Horizontal*
    - *Fingertips together – 10 SECONDS*
    - *Fingertips together/rocking fingertips forward and back – 10 SECONDS*
    - *Palms together – 10 SECONDS*

- *Palms together/rocking palms forward and back – 10 SECONDS*
- *Palms together/rocking fingertips left and right – 10 SECONDS*
- *Finger Press Vertical*
  - *Palms/Forearms together (Hands in V) – Pinky to Thumb – 5 SECONDS EACH (25 SECONDS TOTAL)*
- *Scissors*
  - *Elbows at 90 degrees – palms up, palms down, thumbs up – 10 SECONDS EACH*
- *Lower Back Press*
  - *Hands behind back one on top of another (retract shoulder blades/scapula) – PRESS INTO BACK*
    - *Closed Fist – switch top and bottom hand – 5 SECONDS EACH*
    - *Open Palm/palm to back – switch top and bottom – 5 SECONDS EACH*
    - *Open Palm/knuckles to back – switch top and bottom – 5*

## **SECONDS EACH**

- **Behind Back Press**
  - **Fingertips, Palms, Heel of Hand – 5 SECONDS EACH/15 SECONDS TOTAL**
- **Arm Saws**
  - **Palms Down, Palms In, Palms Up – 10 SECONDS EACH**
- **Swims – 10 REPS**
  - **Knuckles together/thumbs up THEN thumbs towards you and down and open up**
- **Hand Press Vertical**
  - **Palms/Forearms together – palms together, palms facing you (pinkies together, palms in a V (thumbs together) – 10 SECONDS EACH**
- **Arm Saws**
  - **Palms down, Palms in /thumbs up, Palms up – 10 SECONDS EACH**
- **GRADE 10 – THROW**
  - **Rotators**
  - **Throw – NORTH TO SOUTH**
    - **ADDRESS POINTS OF EMPHASIS**
      - **P/Position guys will multi-task**

*(throwing over plates & IF/OF/C work)*

- *P's – throw to plate up to 90' on way out and 90' and in coming back – HAVE A PURPOSE*
- *P's – feel your movements, consistent release points, feel proper spin*
- *P's – mix in change-ups at any and all distances*
- *ALL – Arm will tell you distance*
- *ALL – Coaches shouldn't have to harp daily...BAD CATCH PLAY LEADS TO BAD PERFORMANCE (throwing and receiving)*
- *CATCH PLAY ROUTINES – SEE SHEET (PROGRESSION)*
- *NO PULLDOWNS*

- *IF*

- *START – Wrist Flips*
- *MOVING BACK – Ball in Glove 2/4 Step, Receiving Tags*
- *COME IN TO 60' – Rapid Fire*

- *OF*

- *START – Wrist Flips*
- *MOVING BACK – 10 Toes to Target, Rocker Step, Shuffle Throws*
- *COME IN TO 60' – Box*

## *Throws*

- *C*
  - *START – Wrist Flips*
  - *MOVING BACK – 10 Toes to Target, Rocker Step, Shuffle to Throw*
  - *COME IN TO 60' – Box Throws*
- *WHEN DONE THROWING START W/PLYO DROPS & FOREARMS*
- *GRADE 11 & 12 – SPEED WORK (EAST END OF FIELDHOUSE)*
  - *COMBINATION DRILL – 1/2 DO PLYO DROPS & 1/2 DO FOREARMS*
    - *Plyo – Depth Drops*
      - *Start at 18-24 inches*
      - *2 Sets of Boxes – 2 Groups going*
      - *ONE GUY AT A TIME AND KEEP ROTATING THROUGH*
    - *Forearms*
      - *Plate Holds*
      - *4 Groups of 3 guys – Rotate through each of the 3 guys*
      - *2 SETS OF 30 SECONDS*
      - *90 SECOND REST BETWEEN SETS*
  - *Plyo Jumps*
    - *Hurdle Jumps*



- *2 Groups – 3 Hurdles per group*
  - *Straight – 2 Sets*
  - *Side Left to Right – 2 Sets*
    - *Side Right to Left – 2 Sets*
- *Sprint Work – 4 LINES*
  - *Starts/w Sprints – 60' w/60+ Seconds Rest*
    - *Skater – Left & Go*
    - *Skater – Right & Go*
    - *Rhythm – Right, Left, Right, Go*
    - *Rhythm – Left, Right, Left, Go*
    - *2 Shuffles – Left & Go*
    - *2 Shuffles – Right & Go*
- *Pogo Series*
  - *2 Feet Intense Pogos*
  - *1 Foot Pogos*
  - *(build resilient ankles, feet, calves – stiff contact through your toes)*
  - *10 SECONDS EACH*
  - *20-30 SECONDS REST BETWEEN SETS*

**8:05 – 8:10 – Grade 9 (Mustard, Rotators, Throw – SEE NOTES ABOVE)**

**Grades 10-12 Meeting**

**8:35-8:40 – Equipment Up**

- IF YOU GOT IT OUT THEN PUT IT BACK IN THE CORRECT PLACE

## ***EQUIPMENT***

- 4 Buckets of Baseballs – *RANGERS*
- All Throw Down Plates – *THE UPPER 3RD*
- Cones – *PATRIOTS*
- Tape Measure, Attendance Sheets, Pencils – *COACH SWARTZ*
- 6 Hurdles – *WARRIORS*
- 8 Weight Plates – *appropriate weight for forearm holds (Weight Room) – TEAM STUMPS*
- Boxes for Plyo Depth Drops – *2 sets of boxes measuring around 18-24 inches – TOP G*
- Catcher Work Equipment – *plyo/weighted balls – GOOD GOOD*