

# 12/08/2022

4:40 – TALKS AT THE BEGINNING:

\*Attendance – Group Leaders & 4 Freshman

\*GET SHEETS AND PENCILS FROM ME

1. Can we have 2 good, high-energy workouts in a row?  
CONSISTENCY

2. 2 Gloves Left – FIX THE ISSUE MATURITY & ACCOUNTABILITY

3. Address Tuesday Equipment Put Up – LAST WARNING

\*If you get it out then put it back (WEIGHT PLATES IN WEIGHT ROOM)

\*I made special note about the plates being put back in the proper place and it didn't get done – DETAILS

CHECK FOR LC HELMETS – NO LC HELMET (if you received one) THEN NO HIT

4:50 – Equipment Out

5:00 – Grades 10-12 – Mental Work & Grade 9 – Weight Room

5:10 – Grades 10-12 – Stretch

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

Delayed (2 Shuffles) & Regular Lead Sprints

5:18 – Grades 10-12 – Throw

Mustard

ARM CARE & RECOVERY

Moving Flex T-Walks – FORWARD/BACKWARD (20 seconds each)

Flex T Carioca – SIDE TO SIDE (30 seconds)

Walking Arm Circles

Clockwise – FORWARD (30 seconds)

Counterclockwise – BACKWARD (30 seconds)

UPPER BODY FLEXIBILITY

Scissors – palms up, palms down, thumbs up – 10 SECONDS EACH

Behind Back Press – fingertips, palms, heel of hands – 5 SECONDS EACH

Swims – 10 REPS

Hand Press Vertical – PALMS/FOREARMS TOGETHER OUT IN FRONT

Palms together, palms facing (pinkies together), palms in a V (thumbs together) – 10 SECONDS EACH

P'S WHO WILL DO WEIGHT BALLS, BANDS, ETC. BEFORE THROWING SHOULD DO IT AFTER WE DO ROTATORS & COACH SWARTZ DISCUSSES POINTS OF EMPHASIS

## 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 – KEEP CH'S LOW (BELOW WAIST/KNEE LEVEL)

COLIN CIRKS – CHANGE-UP

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/OF/C ROUTINE

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

5:40 – Grades 10-12 – CAGES (3 CAGES)/STATIONS SET UP

Divide each cage, 6 plates (plates at each half of cage), 6 Z-Screens (Z-Screens at each half of cage), 6 buckets of baseball (buckets at each half of cage)

2 sets of 4 tees, 4 plates – SPACE OUT TO HIT INTO WEST SIDE OF 1ST CAGE

2 sets of plyo depth drop boxes between cages 1 & 2

3 sets of dumbbells & green resistance bands between cages 2 & 3

AT THE PLATE MINDSET IS...YOU ARE SWINGING EVERY PITCH

BAD PITCHES THROW ON THE BRAKES

SWING/ATTACK MINDSET

THIS ALLOWS YOU TO BE ON TIME W/FASTBALLS

5:50 – Grades 10-12 – Stations

4 GROUPS (6-7 minutes per group)

Hit – Grade 12 (last name A-R) & Grade 11 (last name A-0)

2-Strike – Grade 10 (last name B-D) & Grade 11 (last name R-W)

Plyo Depth Drops – Grade 12 (last name S-W) & Grade 10 (last

name M-Z)

Forearms/Plyo Jumps – Grade 10 (last name F-L)

1. Hit – emphasize take & Swing (FLIPS) – SWING/ATTACK MINDSET

Mix in Balls (not every pitch down the middle)

2 guys in each half of cage

8 & ROTATE

2. 2-Strike – emphasize approach and mechanics (tee on hip)

Divide into 4 groups at 4 Tees (4 more tees on hip)

Hit ball deeper, stay inside ball, hit the other way

3 SWINGS & ROTATE

WEST SIDE OF 1ST CAGE

3. Plyo Depth Drops – BETWEEN CAGES 1 & 2

2 sets of boxes (little more height than we and same set-up we had Tuesday)

Keep rotating through 1 guy at a time like Tuesday

4. Forearms/Plyo Jumps – BETWEEN CAGES 2 & 3

Forearms – dumbbell holds (HOLD THE END OF THE DUMBBELL)

Pick a dumbbell weight in which you are able to hold the end of

2 Sets of 30 second holds – 60 SECOND REST BETWEEN SETS

Plyo Jumps

Resistance Band Broad Jumps w/Partner Holds

2 Sets of 4 Jumps – REST WHILE PARTNER GOES

Grade 9 – Throw & Speed Work – EAST END OF FIELDHOUSE

$\frac{1}{2}$  Throw &  $\frac{1}{2}$  Speed Work – 13 MINUTES/SWITCH

Throw – (See info above Grades 10-12) – EAST SIDE OF CAGES

Speed Work – NORTH SIDE OF CAGES

1. Sprint Based Conditioning

15-yard sprint, jog back, and immediately do a 2nd sprint

REST 60 SECONDS

Repeat for 6 Rounds

Water Break

6:20 – Grades 10-12 – Speed Work – EAST END OF FIELDHOUSE

1. COD (4-6 single file lines) – REACT & PROCESS

North to South

2 Options – player kneeling in middle with 2 bats – 15' AWAY

3-4 REPS

2. Decel (6 single file lines/pair lines)

North to South

Player in middle steps in front of one line or the other & then back to original position – 15' AWAY

3-4 REPS

3. Flying Sprints (3 single file lines)

East to West track area

Kneel into sprint, decel, sprint

3-4 REPS

4. Competition – Hurdle/Sprint Relay

Time each group individually

3 Hurdles on 2 ends

7 guys in a group each go once

Fewer than 7 guys in a group guys will have to go twice to get to 7

Grade 9 – Stations

2 GROUPS (9 minutes per group)

Hit – Grade 9 (last name B-L)

2-Strike – Grade 9 (last name M-V)

Hit – emphasize take & Swing (FLIPS) – SWING/ATTACK MINDSET

Mix in Balls (not every pitch down the middle)

No more than 3 guys in each half of cage

2-Strike – emphasize approach and mechanics (tee on hip)

Divide into 4 groups at 4 Tees (4 more tees on hip)

Hit ball deeper, stay inside ball, hit the other way

3 swings & rotate

6:40 – Individual Question Session

Pick a random guy – “what is our goal defensively?” – MAKE ALL ROUTINE PLAYS

Pick a random guy – “what is at our the plate mindset” – SWINGING AT EVERY PITCH

EACH MISSED ANSWER = 10 BURPEES PER MISSED QUESTION-ALL

6:45 – Equipment Up

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

WRAP-UP

EQUIPMENT

All Buckets of Baseballs – RANGERS

All Green Resistance Bands – Baseball Storage Room – RANGERS

All Throw Down Plates – THE UPPER 3RD

6 Z-Screens – THE UPPER 3RD & TEAM STUMPS

8 Tees – PATRIOTS

Smushballs/Box – PATRIOTS

Cones – PATRIOTS

6 Hurdles – WARRIORS

Boxes for Plyo Depth Drops – 2 sets of boxes a little higher than Tuesday's workout – TOP G

3 Sets of Dumbbells (you will grip the end of these so make sure they are too heavy...15, 20, 25 lbs.???) – GOOD GOOD