

12/13/2022

4:40 – TALKS AT THE BEGINNING:

- **COLLECT GRADES 10-12 ASSIGNMENT – RANKINGS OF WHY YOU PLAY SPORTS/BASEBALL**
 - **TURN IN FACE DOWN**
- **Attendance**
 - **Group Leaders**
 - **4 Freshman**
 - **GET SHEETS AND PENCILS FROM ME**
- **Can we repeat the quality work we got in last week? CONSISTENCY**

Tuesday, December 13, 2022 – 10-SR, 13-JR, 22-S0, 30-FR (75 TOTAL)

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

- **Grade 9 – TEST (Weigh, Bench, Vertical Jump)**

5:10 – Grades 10-12 – Stretch (10 LINES – walk lines out/spread out)

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*
5. *BW squat x 5*
6. *Intensive pogo x 15 seconds*
7. *Frankenstein/Scoops*
8. *Hamstring Pulls*
9. *Sprints – 60'*
 - *$\frac{1}{2}$ Speed*
 - *$\frac{3}{4}$ Speed*
 - *Full Speed*
 - *Full Speed*

3 CAGES SET-UP

- **Divide all 3 in half**
- **Each half needs a plate, z-screen, and bucket of baseballs**

5:30 – Grades 10-12 Stations – APPROXIMATELY 15 MINUTES PER STATION

- **Grade 12 & Mercer, O'Keefe, Fernandez, Kosteba, Zimmerman – HIT**
- **Grade 11 & Colburn, Garza – THROW**
- **Grade 10 – TIMED SPRINTS**

REVIEW GROUPS

REVIEW DETAILS FOR HIT, THROW, TIMED SPRINTS

- **Hit**
 - **Emphasize take & Swing (FLIPS) – SWING/ATTACK MINDSET**
 - **Mix in Balls (not every pitch down the middle)**
 - **2-3 guys in each half of cage**
 - **8 & ROTATE**
- **Throw – EAST TO WEST**
 - **ADDRESS POINTS OF EMPHASIS**
 - **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)**
 - **ALL – Arm will tell you distance**
 - **ALL – Coaches shouldn't have to harp daily...BAD CATCH PLAY LEADS TO BAD PERFORMANCE (throwing and receiving)**
 - **NO PULLDOWNS**
 - **Mustard**
 - **ARM CARE & RECOVERY**
 - **Moving Flex T-Walks – FORWARD/BACKWARD (20 seconds each)**
 - **Flex T Carioca – SIDE TO SIDE (20 seconds)**
 - **Walking Arm Circles**

- *Clockwise – FORWARD (30 seconds)*
- *Counterclockwise – BACKWARD (30 seconds)*
- *UPPER BODY FLEXIBILITY*
 - *Saws – 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*
- *Rotators*
- *P'S WHO WILL DO WEIGHT BALLS, BANDS, ETC. DO IT NOW*
- *Timed Sprints*
 - *78'*
 - *4 timed sprints*
 - *2 lines/2 coaches – DO 2 SPRINTS WITH EACH COACH (4 TOTAL)*

6:15 – Grade 9 Hit/Throw AND Grades 10-12 Stations

- **Grade 9**
- **SWITCH HIT/THROW – APPROXIMATELY 15 MINUTES**

- **Hit – HALF HIT**
 - **Emphasize take & Swing (FLIPS) – SWING/ATTACK MINDSET**
 - ***Mix in Balls (not every pitch down the middle)***
 - ***2-3 guys in each half of cage***
 - **8 & ROTATE**
- **Throw – HALF THROW – NORTH TO SOUTH**
 - **ADDRESS POINTS OF EMPHASIS**
 - ***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)***
 - ***ALL – Arm will tell you distance***
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 - **NO PULLDOWNS**
- **Mustard – SEE ROUTINE ABOVE (GRADES 10-12)**
- **Rotators**
- ***P'S WHO WILL DO WEIGHT BALLS, BANDS, ETC. DO IT NOW***

- **Grades 10-12**
 - **BUNT DISCUSSION – ALL (Coach Novosel)**
 - **RECORD – # OF SUCCESSFUL BUNTS/TOTAL BUNTS ATTEMPTED**
 - **COMPETITION – BEST GROUP %'S**
 - **Stations – 3 groups – APPROXIMATELY 6 MINUTES**
 - **Bunt – Grade 12 (A-Warn)**
 - **3 Groups of 3**
 - **5 SAC & Rotate**
 - **NW AREA OF FIELDHOUSE**
 - **Sprints – Grade 12 (Weber) & Grade 11 (A-Salinas)**
 - **Decelerate**
 - **45' THEN THROW ON BRAKES**
 - **2 Line COD**
 - **GUY IN MIDDLE STEPS IN FRONT OF ONE LINE**
 - **SPRINT AROUND GUY**
 - **GUY IN MIDDLE IS 30' AWAY**
 - **SPRINT THROUGH 45'**
 - **Band Release**
 - **PARTNER HOLDS BAND FROM BEHIND**
 - **45'**
 - **HALLWAY OR WEST END OF FIELDHOUSE**
 - **2 SETS OF EACH**

- **30-45 SECONDS REST**
- **Sleds – Grade 11 (Sivak-W) & Grade 10 (B-C)**
 - ***Sled Sprints***
 - ***2 ends back & forth – 45'***
 - ***BETWEEN CAGES 1 & 2***
- **Forearms – Grade 10 (D-Kosteba)**
 - ***Plate Flips***
 - ***3 Sets of 5 – EACH ARM***
 - ***SOUTH HALLWAY***
- **Boxes – Grade 10 (Kubacki-Z)**
 - ***Plyo Jump into a Depth Drop***
 - ***2 Groups/Boxes going at the same time***
 - ***Same Box Height as last Thursday***
 - ***SOUTH/SW WALL (at the end of the cages)***
- **6:45 – Cages Down & Equipment Up**
 - ***IF YOU GOT IT OUT THEN PUT IT BACK IN THE CORRECT PLACE***

WEBER & LOBUE – CONDITION (LEFT GLOVES)

- ***5 BURPEES, 60' SPRINT, 5 BURPEES***
- ***5 JUMP SQUATS, 60' SPRINT, 5 JUMP SQUATS***
- ***5 PUSH-UPS, 60' SPRINT, 5 PUSH-UPS***
- **6:55 – Wrap-Up Grade 9 w/Coach Mac**

- **6:55 – Wrap-Up Grades 10-12 w/Coach Swartz**

EQUIPMENT

- **6 Z-Screens (CARRY FROM THE BOTTOM) – TEAM STUMPS, UPPER 3RD, PATRIOTS**
- **All Buckets of Baseballs – WARRIORS**
- **All Throw Down Plates – RANGERS**
- **1 Cart of Baseballs – RANGERS**
- **Cones – RANGERS**
- **5 Green Resistance Bands (FROM OUR STORAGE ROOM) – RANGERS**
- **5 Weight Plates from Weight Room (APPROPRIATE WEIGHT TO DO FOREARM PLATE FLIPS) – TOP G**
- **1 Sled (FROM OUR STORAGE) – TOP G**
- **1 Sled (FROM STORAGE NEXT TO WEIGHT ROOM) – TOP G**
- **Weight Plates for 1 Sled only (NOT A LOT OF WEIGHT – WE WANT TO MOVE THE SLED FAST) – GOOD GOOD**

2 Sets of Boxes (FROM WEIGHT ROOM) – HEIGHT SAME AS LAST THURSDAY – GOOD GOOD

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