12/17/2022

78′ times from 12-13-22 with times in the fieldhouse from last year (if highlighted then times improved)

Camp Sign-Up (if you are scheduled to work and can't you must find a replacement and notify me)

2nd Grading Period Weight Room Data (check your data and make sure it accurate – if not – notify me this weekend as I am going to post all data next week) – THE DATA WILL SHOW IF YOU INCREASED FROM THE 1ST GRADING PERIOD AND IF YOU MEET A GOAL)

NEWEST 500 CLUB MEMBERS – Colin Cirks, Blake Sivak, Keegan O'Bryan, Victor Villegas, Camden Rosmanitz, Matthew Kafka, Ryder Fernandez, Alex Cuevas, Anthony LoBue, Roman Garza, Gianni DiBitetto

- Congratulations!!!
- Give me your shirt size for 500 Club shirts (Shirts have been ordered) – either text or tell me Saturday

Attendance

- SCHOOL POLICY/MINIMUM REQUIREMENT
  - 4 period day – must attend by end of 1st unless excused
- Get to school on time, be at school everyday, be at school the day after games – IT'S A BAD LOOK WHEN THEY AREN'T THE STANDARD AT LC
- I now have access to Skyward where I can check absences, tardies, etc.
- ISSUES CAN BE HANDLED SEVERAL WAYS? CONDITIONING, SITTING OUT GAMES, ETC.
- WHAT IS EXCUSED – Bereavement, Dr., etc.

7:40 – TALKS AT THE BEGINNING:

- ***Attendance***

- *Group Leaders*
- *4 Freshman*
- *GET SHEETS AND PENCILS FROM ME*

- *Can we repeat the quality work we got in last week and Tuesday? CONSISTENCY*

Saturday, December 17, 2022 – 10-SR, 13-JR, 22-S0, 30-FR (75 TOTAL)

7:45 – Equipment Out

8:00 – All Grades – Stretch (10 LINES – walk lines out/spread out)

PITCHERS WHO HAVE THEIR OWN PRE-THROW ROUTINE DO IT AT THIS TIME

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’*

½ Speed

¾ Speed

Full Speed

Full Speed

8:10 – Grades 10-12 Throw AND Grade 9 Nutrition/Sleep Packet Discussion

GRADES 10-12 AND GRADE 9 SWITCH – 15-16 MINUTES

ANYONE WHO NEEDS MORE TIME TO COMPLETE THROWING CAN CONTINUE W/NEXT GROUP

- **Grades 10-12**
  - ***ROTATORS ONLY TODAY – NO MUSTARD***
  - ***P's***
    - ***Throw to plate to 60' and 60' and in coming back***
    - ***Positional throwing for the rest of the routine***
    - ***Total of 10 throws over the plate going out & 10 more coming in***
    - ***Mix in CH's up to 60' and 60' and in coming back***
    - ***Positional Throwing***
      - ***IF***
        - ***60'+ – Exchange Focus – 5 throws***
        - ***75'+ – 2/4 Step Throws – 5 throws***
        - ***90'/Max – Receiving Tags – 5 throws***
      - ***OF***
        - ***60'+ – 10 Toes to Targe – 5 throws***
        - ***75'+ – Rocker Step – 5 throws***

- *90’/Max – Shuffle – 5 throws*
- *C*
- *60’+ – 10 Toes to Targe – 5 throws*
- *75’+ – Rocker Step – 5 throws*
- *90’/Max – Shuffle – 5 throws*
- *P’s moves at the end – IF TIME ALLOWS*
- *63’ – 64’ from your partner*
- *Step Off*
- *Step Off/Throw Over – SETS UP 3B PICK-OFF*
- *Slide Step*
- *Step Off/Fake to 1B and throw to 3B – PICK-OFF*
- *Average Move (Good Feet/Long Arm)*
- *Best Move*

- **Grade 9**
  - **Nutrition/Sleep Packet – PASS OUT & DISCUSS**
  - **Done early = *START IN WITH ROTATORS (HALLWAY???)***

8:45 – Defense (*20-25 Minutes*)

- **IF – Coach Swartz**
  - **Pre-Pitch**
    - *“flinching” or anticipating the batted ball. This example of “Early Movement,” is a*

consistent characteristic of elite infielders that read the catcher's location & sign, & the batter's setup & swing

- ***DIRECT RIGHT OR LEFT FLINCH***

- **Prep Work (Knees/Stand)**
  - ***NEW – Knees Bare Hand – palm through ball and ball is directed back to partner***
  - ***Knees middle***
  - ***Knees 3-way short hops***
  - ***Stand middle***
  - ***Stand 3-way short hops***
  - ***Stand shuffle left/right***
- **Cone Work**
  - ***3-4 Lines (1 LINE FOR ALL LEFTIES)***

- **C – Coach Mac**
- **OF – Coach Novosel**

9:10 – Competition

- ***OF-IF Cuts Relay Race***
  - ***Round 1 – Rangers, Team Stumps, Good Good (3 COACHES TIME)***
  - ***Round 2 – Upper 3rd & Top G (2 COACHES TIME)***
  - ***Round 3 – Patriots & Warriors (2 COACHES TIME)***
  - ***OF'S – IF'S – OF'S – ALL PEOPLE IN GROUP PARTICIPATE***

- *DOWN & BACK 2 TIMES*

9:20 – Speed Work – ALL GRADES TOGETHER

- *Baserunning & Leads/Jumps – 10 Lines*
- *East/West Direction*
- *Introduction – MORE COMING – 3/4 SPEED*
    - *Home to 1st – GB – 1 REP*
    - *Home to 1st – 1B – 1 REP*
    - *Sac/Read – 1 REP*
    - *Hit & Run – 1 REP*
    - *Delayed – 1 REP*
    - *Secondary – 1 REP*
    - *Leads/Jumps – 2 or 3 REPS*
        - *12’ Leads – MEMORIZE STEPS*
        - *Coach – RHP MOVE*
- *Speed Work*
    - *COD*
        - *2 Shuffles Left (FACE NORTH) into Sprint – 45’*
        - *2 Shuffles Right (FACE SOUTH) into Sprint – 45’*
    - *Plyo*
        - *Quadruple Broad Jump*
        - *Unilateral Broad Jump*

- *Skater – right/left/go (Face North)*
    - *Right Leg – left/right/go (Face South)*
- *Sprint Starts*
    - *One Knee (Face North/Right Knee Up) – 30’*
    - *One Knee (Face South/Left Knee Up) – 30’*
- *Flying Sprints*
    - *Build-Up to 60’, full speed by 90’ and slowly decelerate – 2 REPS*
- *Dog & Bone*
    - *Groups of 4 (Spread Out)*
    - *Each guy is the dog one*
- *Pogo Series*
    - *Both Feet – Intensive – 10 SECONDS*
    - *Right Foot – Extensive – 10 SECONDS*
    - *Left Foot – Extensive – 10 SECONDS*
    - *REPEAT*

9:50 – Equipment Up

WRAP-UP

EQUIPMENT

- *All Throw Down Plates – WARRIORS*
- *4 Buckets of Baseballs – PATRIOTS*
- *All Throw Down Bases (ORANGE/FLAT AND WHITE/REGULAR) – UPPER 3RD*

- ***Cones – GOOD GOOD***
- ***Hack Attack & Cord – TEAM STUMPS***
- ***Machine Balls – TOP G***
- ***ALL OTHER CATCHER DRILL EQUIPMENT = SEE MAC (RANGERS)***