

# 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-SO, 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'***

***$\frac{1}{2}$  Speed***

***$\frac{3}{4}$  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)**