

60 minute Pre Game Prep

- 60** 10 minutes stretch and form run
- 50** 15 minute throwing program
 - 2 - Elbow above shoulders, finish throw with fingers behind the ball
 - 2 - Cement feet, top half rotation, hands break at waist, continuous motion
 - 2 - Feet in line lower half isolation, rock back, break hands at waist
 - 2 - Walk through, make sure players play through their throws
 - 5 - Feet in line, step back catch. Stretch/lengthen out
 - 2 - On a line in
- 35** Hitting/Infield/Outfield
 - 7 - Hitting- whiffles, weighted balls, dry swings with visualization
 - 7 - Infield- fungos, daily glove work, dry ball drills
 - 7 - Outfield- fungos, dry ball exchange drills
- 25** Pitcher and Catcher break off, get water, suit up,
- 20** Start bullpen 10-12 year olds
 - 10- Fastballs
 - 5- change ups
 - 2- live at bats, catcher calls pitches and locations
 - 2- fastballs
 - 13+
 - wind up
 - 8- fastballs
 - 4- change
 - 4- other off speed
 - stretch, holding runners
 - 4- fastballs
 - 2- change ups
 - 2- other off speed
 - 1- live at bat, catcher calls
 - 2- fastballs from the wind up
- 12** Game Notes/Sign Review
- 8** Base Stealing Reads
- 0** Game Time