

TROSKY 5 Tool Training Menu
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6th Tool Nation
THE ATHLETE (5 Tools): SPEED, THROW, HIT-Power, HIT-Average, FIELDING

SPEED Tool (strength / technique)	WORKOUT NOTES:	EXTRA NOTES:
1. Jump Rope	4 sets of 100 Reps (100 Both feet / 100 Right foot / 100 Left Foot / 100 Alternate Feet)	Jump Rope on a soft surface
2. Hills / Mountains	4 to 8, 60 to 100 Yard Sprints (forward)	Consider walking backwards going down-hill
3. Stairs	Sprint stairs for 12 minutes (sprint up / walk down)	Do variations (skip stairs, bound, jump, quick feet - explode variation, go lateral, be creative)
4. Bleachers	10 to 20 minute bleacher or stair run	Do variations (skip stairs, bound, jump, quick feet - explode variation, go lateral, be creative)
5. Short Sprints Timed (forward & backward)	8, 70 Foot Sprints (alternate forward & backward)	Use a stop-watch to hold a standard
6. Medium Sprints Timed (forward & backward)	4, 70 Yard Sprints (2 forward, 2 backward)	Use a stop-watch to hold a standard
7. Long Sprints Timed (forward)	2, 220 Yard Sprints	Use a stop-watch to hold a standard
8. Base Stealing jumps	5 to 20 minutes of Picks and Jumps Stealing 2B off RHP / LHP and Stealing 3B	Work at game speed, sprint 5 to 10 yards, If you don't get a jump stay home
9. Deep Static Stretches	1 to 2 sets of 30 seconds holds of the greatest stretch in the world	Breath deep to lengthen your stretch, hold stretch for atleast 30 seconds
THROW Tool (strength / technique)	WORKOUT NOTES:	EXTRA NOTES:
1. J-Bands Routine	1 set of 10 to 15 Reps of complete J-Band Routine	Use a secure area to clip the band to, isolate the area your working, have good form and move closer if it is to difficult
2. Arm Circles	1 Set of Arm Circles (10 to 20 Reps with or without balls in hand)	Touch every # on the clock, work with good tempo, relax your neck and traps, keep hands out front
3. Throw Football	5 to 20 minutes of Football Catch (work into long-toss and run sprints)	Use a short clean armstroke, move your feet to throw, lengthen it out, be save smooth
4. Throw Softballs	Throw Softball from the start of Catch to the extended Distance then Switch to a Baseball	Throw Softballs daily for the first part of catch play and on long toss days throw through the long phase of catch
5. Throwing Drills	Position Specific Throwing Drills	Daily be consistent with your catch play routine, have a short routine and a long routine
6. Short Day	Throw up to 120 feet	Short days are a shorter amount of time and less distance
7. Medium Day	Throw Long with Medium Effort	Medium days you can still throw long, just not for the extended period of time or at 100% max effort / distance
8. Long Day	Throw Long with Max Effort	Long days of catch-play is for an extended amount of time, at 100% max effort / distance
9. Bullpen	Bullpen Series (Series 1 = Short Pen / Series 2 = Form Pen / Series 3 = Flaw Fixing Pen / Series 4 = Competitive Pen with runners on base / Series 5 = DCBA Pen & Responding / Series 6 = Pickoffs / Series 7 = Command Pen)	Prepare for the week and know what sequence you're throwing
HIT - Power (strength / technique)	WORKOUT NOTES:	EXTRA NOTES:
1. Over & Under Speed Swing Training	6 Sets of 10 swings (2 sets swing heavy towel bat / 2 sets swing 6ft PVC pipe / 2 sets of thin stick) Alternate Mediums every set	Utilize the core-turn, swing above the belt, swing the same path at game speed both forward and backward
2. Swing Heavy / Hit Heavy & Swing Light / Hit Heavy & Swing Regular / Hit Heavy	6 to 10 Sets of 6 swings (1/3 sets hit heavy bat with heavy balls / 1/3 sets hit heavy bat alternating heavy balls & baseballs / 1/3 sets hit regular bat hitting baseballs)	Swing heavy but not to heavy where the barrel drags
3. Bat Snaps	3 Sets of 15 reps (high, middle & low plain)	Choke-up if bat gets heavy, hold bat loose, work chest high, work with quick tempo, achieve full extension with each snap.
4. Forearm Roll-ups	4 Sets of 8 swings (hitting ball opposite field) set 1 & 2 do with no stride	Keep elbows close to your body and a 90 degree angle
5. Med Ball work	7 Sets of 6 swings (2 sets oppo / 2 sets middle / 2 sets pull / 1 set middle)	Achieve full hip turns and extension with each throw, work both left handed and right handed (all players)
6. Heavy Bat Punching Bag Quick Swings	5 Sets of 8 swings (1 set hit & run, 1 set oppo / 1 sets middle / 1 sets pull / 1 set react)	3/4 Swing, core-turn, control the barrel forward and backward
HIT - Average (skill / technique)	WORKOUT NOTES:	EXTRA NOTES:
1. Hitting Bands / Snaps	Bands: 3 Sets of 15 reps both right and left handed (high, middle & low plain) / Snaps: 2 Sets of 6 reps, 2 high, 2 middle & 2 low - do quickly) then complete 2 "X" Patterns	Maintain posture throughout swings, Snap barrel out front on the same plain both forward and backward, snap wrist through extension
2. Batting Tee	3 Sets of 8 swings (hitting ball opposite field) with no stride	Place tee on the outer part of the plate about 2 inches behind the stride foot, drive ball to the opposite field gap
3. Soft-toss / Front-toss	4 Sets of 6 swings (1 set oppo / 1 set middle / 1 set pull / 1 set middle)	Always start your hitting drills by working opposite field followed by middle and then hit to the pull side gap

4. Self Toss Drill	7 Set Variations of 5 swings (Oppo GB, High, Change-up, High Bounce, Low Bounce, Front Foot, 2 Strike)	Do the self-toss drill in the warning track or down the foul lines, hitting the ball out into the field.
5. Birdies	6 Sets of 6 swings (2 sets oppo / 1 set middle / 1 set pull / 1 set 2 strike hitting / 1 set look away react in)	Use a home plate for this drill, the feeder should have a shield to protect their face, feeder should pitch to different lanes and throw the birdy firm with some velo
6. Batting Practice (overhand or front-toss)	6 Sets of 6 swings (2 sets oppo / 1 sets middle / 1 sets pull / 1 set 2 strike hitting / 1 set look away and react in)	Hunt the lane according to the location your hunting always start your hitting drills by working opposite field followed by middle and then hit to the pull side gap
7. Strikeout Game	Play 10 to 20 minutes of strikeout game (play with wiffle or tennis balls)	Use a home plate for this drill, and a backstop with a strikzone. The pitcher is about 40 ft away and is also the umpire. The pitcher pitches tennis balls and trys to strike out the batter always telling him the outs
8. Beans with Stick (front-toss)	3 Sets of 10 swings (middle)	To strengthen your eyes you must challenge your eyes
9. Caps with Stick (batting practice)	3 Sets of 10 swings (middle)	The caps drill is another challenge drill. Make it fun and game like
FIELDING Tool (skill/ technique)	WORKOUT NOTES:	EXTRA NOTES:
INFIELD		
i1. Spider Drill / Star Drill DRY	2 set of 1 rep per direction	Begin the drill with your PPM (pre-pitch movement) Start Low - Stay Low throughout the drill while utilizing precise footwork through the approach, fielding an throwing phase of each play. After fielding the ball and setting up to throw, quickly back peddle back
	1 set of 3 reps per direction - 3 total sets (neutral, backhand & forehand) / 1 set of 9 reps per direction, 9 reps in a row - 1 total sets (backhand, forehand & nuetral)	Begin the drill with your PPM (pre-pitch movement) Start Low - Stay Low throughout the drill while utilizing precise footwork through the approach, fielding an throwing phase of each play. After fielding the ball, the hands always work to the lower check, center of body
i3. D-Backs Pre-Pitch Drill	1 set of 15 reps	Incorporate DMG-4
i4. Infield Drills	Posture Holds / Taps / Chest Dart Rolls (nuetral, backhand & forehand)	Be conscious of proper posture in every infield drill, fielding the ball with the glove on the ground out in front
i4b. Infield Drills		
i5. High-Hop Star Drill	1 set of 5 reps per direction (predictable) followed by unpredictable series of repetitions	Incorporate Throws whenever possible (long or short screen) and if not set up to throw
i6. Field Groundballs	Use Fielding Sequences (SVT)	Incorporate Throws whenever possible (long or short screen) and if not set up to throw. Fungos can be short or long distance. Short are nice to create consistancy and accuracy. Incorporate a stop watch when possible to defend the 4.3
i7. 10 Footwork Turns		
i8. Infield Turns #2		
i9. 4-Part Adjustment Play		
i10. Shuffle Drill (w/ ball)		
i11. Tap Drill		
i12. Posture Footwork Drills		
i13. 1-5 Drill		
i14. Wall Ball		
i15. Dive and Recover Drill		
i16. Towel Drill		
i17. +/- Glove Action Drill		
i19. Throwing Drills		
OUTFIELD		
o1. Spider Drill - DRY	2 set of 1 rep per direction	Start Low - Stay Low throughout the drill while utalizing precise footwork. Utilize hard crossover footwork movements while maintaining a forward head-position towards homeplate. Push off the ground creaing hip and shoulder separation
o2. D-Backs Pre-Pitch Drill	1 set of 15 reps	Incorportate DMG-4
o3. Outfield Drills	Tennis Ball (bare-hand) Challenge Star Series	Work at game speed. Always set up to throw to a specific space and call for the ball
	Star Drill # System	These are unpredictable reps where the coach calls out a number from the star sequence and the outfielder sprints in the proper direction and makes the play. Always set up to throw to a specific space and call for the ball
o5. Field Flyballs (fungos or machine)	Predictable and Unpredictable	Start with predictable reps then finish with unpredictable

o6. Field Groundballs	Groundball Series: Shorthop / Highhop / Rolls Barehand / Fungo	Pick your hops (short & long), track the ball with your eyes fielding from the ground
o7. 1-5 Drill		
o8. Star Drill		
o9. Wall Ball Drills		
o10. Outfield Chaos Drill #1		
o11. Outfield Chaos Drill #2		
o12. Outfield Chaos Drill #3		
o13. Outfield Throwing Series		
CATCHER		
c1. Functional Movement / Stretch Series	1 set of each exercise	Catcher specific movements
c2. Footwork / Foot-Speed Drills	Footwork Drill Series 1 and or 2	Catcher specific movements
c3. Catching Drills	Alternate Variation 1 and 2, twice a week	Variation 1: Blocking / Receiving Variation 2: Throwing / Popups
c4. Throws to all Bases	1 set of 2 to 6 throws to each base (backdoor picks / stealing / BID)	Always use a stop watch and chart progress
c5. Towel Drill		
c6. Throwing Drills		
c7. Wall Ball Drills		
PITCHER		
p1. Pitching Drills	Alternate Variation 1 and 2, twice a week.	Variation 1: Delivery, Targets, Balance & Yoga / Variation 2: PFP's, Picks, 1st & 3rd / Extra: Backing up
p2. Barrel (or net) Target Throwing	Fastball / Change-up Variation & Fast-ball / Breaking ball variation	Distance can vary
p3. Flat Ground	Flat Ground Series (Series 1 = Flaw Fixing / Series 2 = FB & CU Command / Series 3 = Runners on base, controlling running game) / Series 4 = DCBA / Series 5 = Pickoffs / Series 6 = Compete (out of windup & stretch)	Be sure your partner gives you a low target and you work with game tempo
p4. Picks	Pick Series to 1B / 2B / 3B	Be short and efficient with your arm stroke
p5. Pepper	PFPPepper / Glove Flip Pepper	For PFP Pepper have someone to throw to after fielding the ball. And for "Flip" you don't need to throw
p 6. PFP	No Body on / R on 1B / R on 1B & 2B / R on 2B / R on 3B / Bases Loaded less then 2 outs	Use a stopwatch to simulate game
STRENGTH - Upper Body	WORKOUT NOTES:	EXTRA NOTES:
QUICK WARM-UP		
1. Core	2 sets of Push-up Planks (30 secs per reps) / Super-set with Crunches (max # of reps per set of crunches)	Core work is done with every workout
2. Weight Training	3 sets, 8 to 12 reps per set Biceps, Triceps, Chest & Back / See a professional for guidance	When working out the Upper Body you can Choose to do Weight Training or Body Weight and Band Exercises
3. Body Weight Exercises	3 sets of Navy Seal Push-ups & 3 sets of Spiderman Push-ups (max # of reps per set) / Standard Pullups 4 sets of (max # of reps per set) / 4 sets of Forearm Rollups (max # of reps per set)	Work your body to seek complete body balance and know your strengths and weakness. Gain flexibility and don't sacrifice strength with stiffness
4. Bands		
STRENGTH - Lower Body	WORKOUT NOTES:	EXTRA NOTES:
QUICK WARM-UP		
1. Core	2 sets of Right Arm and Left Arm Side Planks (30 secs per reps) / Super-set with Crunches (max # of reps per set of crunches)	Core work is done with every workout
2. Weight Training	3 Sets of Front Squats (8 to 12 reps per set) / 4 Sets of Lunges (8 to 12 reps per set) / 3 Set of Box Jumps (6 reps per set) / See a professional for guidance	When working out the Lower Body you can Choose to do Weight Training or Body Weight and Band Exercises
3. Body Weight Exercises	1 set of 10, Squat Flexibility Series / 2 sets, Lateral Band Work / 2 Sets of 10, High Knee Dance / 1 set of 5, Squat Jump Series	Work your body to seek complete body balance and know your strengths and weakness. Gain flexibility and don't sacrifice strength with stiffness
4. Bands		
5. High Knee Dance		
6. Ladder Drills		
7. Ladder Drills (advanced)		