



TIGERS

NEGATIVE MOVE

*ATTACK THE BALL WITH
PRODUCTIVE ENERGY.*

(PLAY VIDEO)

WEEK 4 KEYS

NEGATIVE MOVE: WEIGHT SHIFT AND LOAD

- Weight Shift means the body shifting back minimally to get momentum initiated and to give time to read the pitch.
 - Load means hands go back first, then down towards the zone, then flat, then follow through.
 - Create the right momentum with your body
 - This will allow you to recognize pitches longer if done on time
 - Perfect the negative move with rhythm
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MLB PLAYERS NEGATIVE MOVE

Jason Heyward: <https://www.youtube.com/watch?v=0XFzycdHby4>

Matt Holliday: <https://www.youtube.com/watch?v=HcqWw78o2dU>

Bryce Harper: <https://www.youtube.com/watch?v=yD7-QjpL3lQ>

Alex Bergman: <https://www.youtube.com/watch?v=8icF1IF8u78>

Mickey Mantle: <https://www.youtube.com/watch?v=M7d1dMpzR8k>

ITINERARY: Players watch video on load and negative move before coming to hitting

FIVE 10-minute stations

LAST STATION 10-minutes (Everyone moves to the big cage)

GROUP A Big Cage: Bunt Round, Oppo Round, Hit N Run, Rocking Drill

GROUP B Cage 4 Drill Work: Step Back drill

GROUP C Cage 3 Power Development: Heavy Bats, Heavy Balls (2 x 6 off tee, 3 x 6 side toss)

GROUP D Cage 2 Velo Station: Step Back drill with Tee, Middle Tees

GROUP E Cage 1 Core Strength: MB Recoil Rollover Slams (6 x 8, 10lb)

WEEK 4 NEGATIVE MOVE

BULLPENS	BIG CAGE	
	<u>MACHINE</u>	
	BUNT ROUND 1 X 5	
	OPPO ROUND 1 X 5	
	HIT 'N" RUN 1 X 5	
	ROCKING DRILL 2 X 5	
	<u>SETUP:</u> HACK ATTATCK MACHINE L-SCREEN BASEBALLS	
CAGE 4		
<u>FRONT TOSS</u>		
STEP BACK DRILL 3X10		
2 STEP DRILL 3 X 10		
<u>SETUP:</u> L-SCREEN BASEBALLS		
CAGE 2		
<u>VELO STATION</u>		
STEP BACK DRILL W/ TEE 2 X 10		
MIDDLE TEE 2 X 10		
MAX OUT 1 X 10		
<u>SETUP:</u> TEE BASEBALLS		
CAGE 3		
<u>POWER DEVELOPMENT</u>		
HEAVY BALLS & BAT 2 X 10		
PUNCHING BAG/TIRE 2 X 10		
<u>SETUP</u> HEAVY BALLS HEAVY BAT TIRE OR PUNCHING BAG		
CAGE 1		
<u>CORE STRENGTH</u>		
RECOIL ROLLOVER SLAMS 6 X 8		
<u>SETUP</u> MED BALLS		
WALKING AREA		

BENCHES