



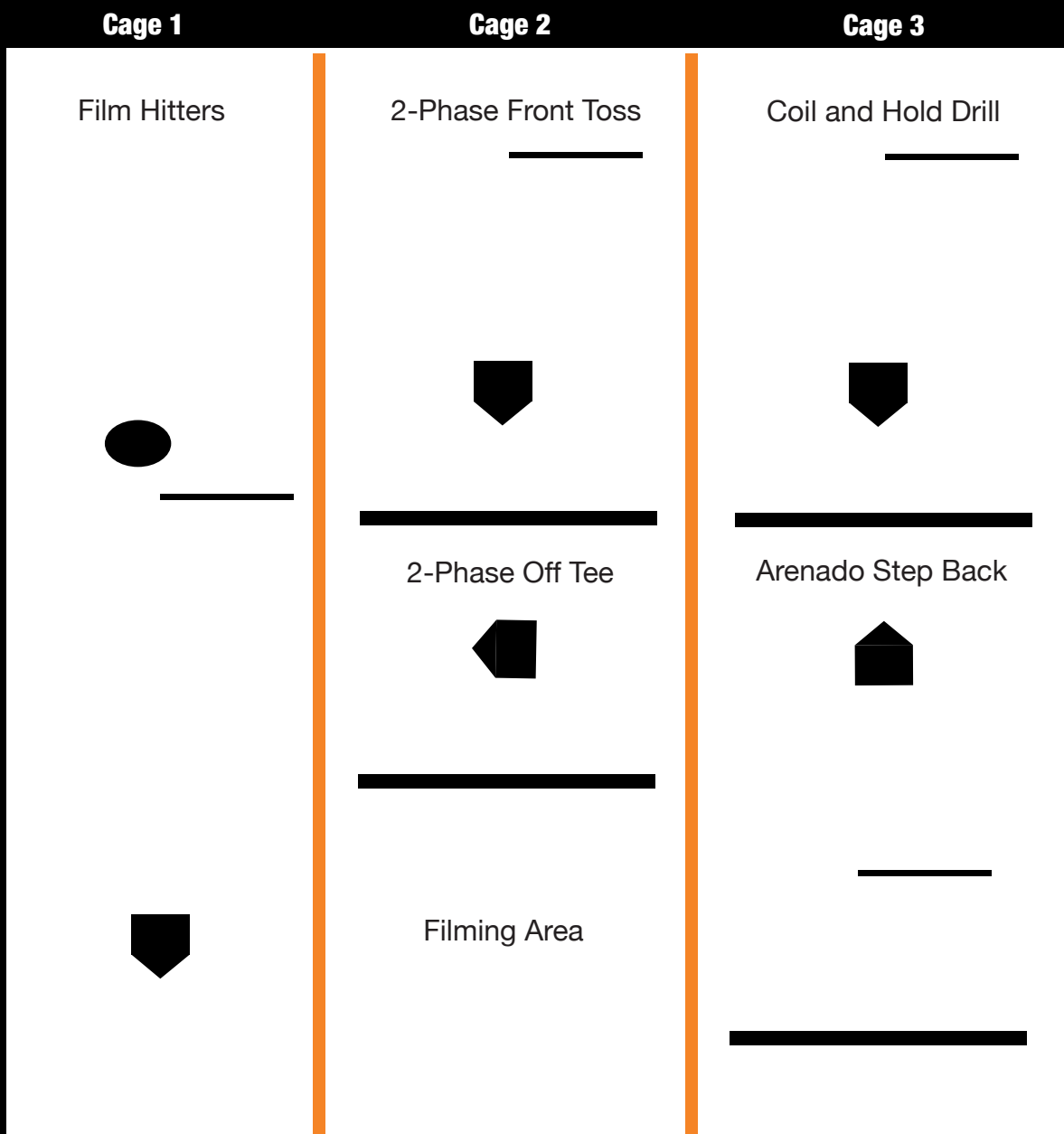
# ITINERARY

## CAGE SETUP AND SCHEDULE

### TRAINING WITH COACHES







### Part A: 00:00-45:00

Setup: 15 minute stations, three groups. End at 45 minute mark



## Part B: 45:00-55:00

Setup: short round of 5 pitches, get in as many rounds as possible

Cage 1	Cage 2	Cage 3
<p>AMRAP BP Rounds</p>  	<p>AMRAP BP Rounds</p>  	<p>AMRAP BP Rounds</p>  

**DAY 1: TRAINING ON YOUR OWN**

**00:00-10:00 Dynamic Warm-Up**

## **10:00-20:00 Tee Warm-Up Round**

Inside, middle, and outside contact points

## **20:00-30:00 2-Phase Drill Off Tee**

Execute the drill on your Inside, middle, and outside contact points

## **30:00-45:00 Front Toss**

Arenado stepback drill and coil and hold drill

## **45:00-60:00 Machine or Overhand**

2-phase drill, Arenado drill and coil and hold drill

### **DAY 2: TRAINING ON YOUR OWN**

## **00:00-10:00 Dynamic Warm-Up**

## **10:00-20:00 2-Phase Drill Middle Tee**

## **20:00-30:00 Arenado Drill Middle Tee**

## **30:00-45:00 Front Toss**

Arenado stepback drill and coil and hold drill

## **45:00-60:00 Machine or Overhand**

2-phase drill, Arenado drill and coil and hold drill