



WEEK 2: TIMING AND BASICS

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

Cage 1

Three Plate Drill



Cage 2

2 Plate with 2-Phase Front Toss



2-Phase Side Toss

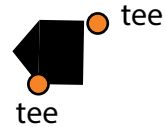


Cage 3

Inside Front Toss With Outside Tee

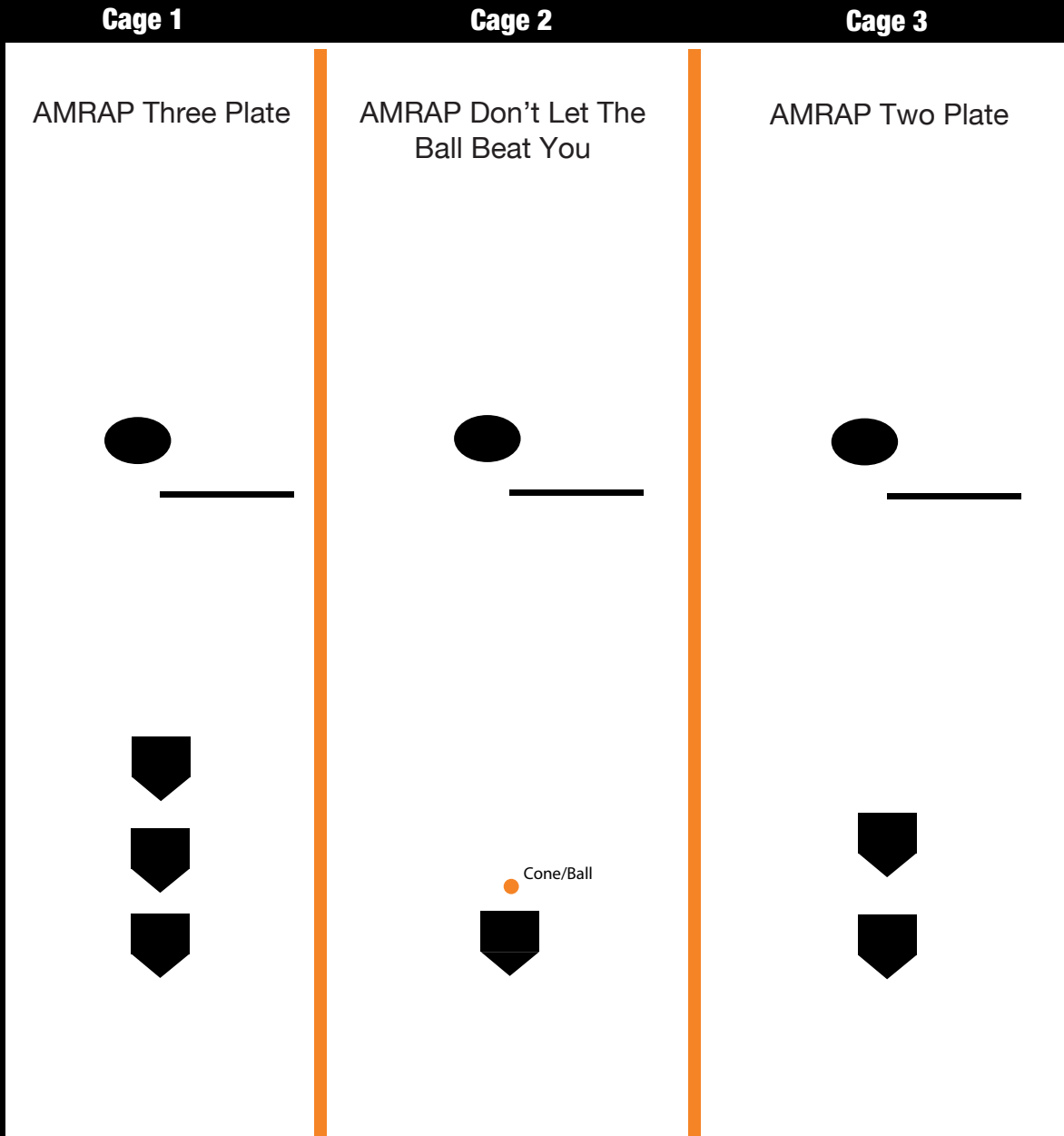


Low Inside and High Outside Tee Partner Call Out



Part B: 45:00-55:00

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



DAY 1: TRAINING ON YOUR OWN

00:00-10:00 Dynamic Warm-Up

10:00-20:00 2-Phase Drill Off Tee

Inside, middle, and outside contact points

20:00-30:00 2-Phase Front Toss

Execute the drill on your Inside, middle, and outside contact points. Set up cones to show contact points

30:00-45:00 2-Phase With Three Plate

Overhand or machine - get to launch and swing from launch

45:00-60:00 Three Plate

Overhand or machine - regular swings

DAY 2: TRAINING ON YOUR OWN

00:00-10:00 Dynamic Warm-Up

10:00-20:00 Middle, Inside, Outside Tee

20:00-30:00 Contact Points from Front Toss

Use cones or three baseballs to set up your contact points. Have the tosser toss to those contact points.

30:00-45:00 Don't Let the Ball Beat You Drill

Overhand or machine

45:00-60:00 Three Plate

Overhand or machine