



WEEK 4: Plate Coverage

# ITINERARY

## CAGE SETUP AND SCHEDULE

### TRAINING WITH COACHES

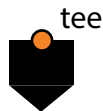
#### Part A: 00:00-10:00

Setup: Tee warm-up and drills, use length of cage, split up player equally

#### Cage 1

2-Phase with Contact Points

Low Inside, High Outside  
Tee



#### Cage 2

2-Phase with Contact Points

Low Inside, High Outside  
Tee



#### Cage 3

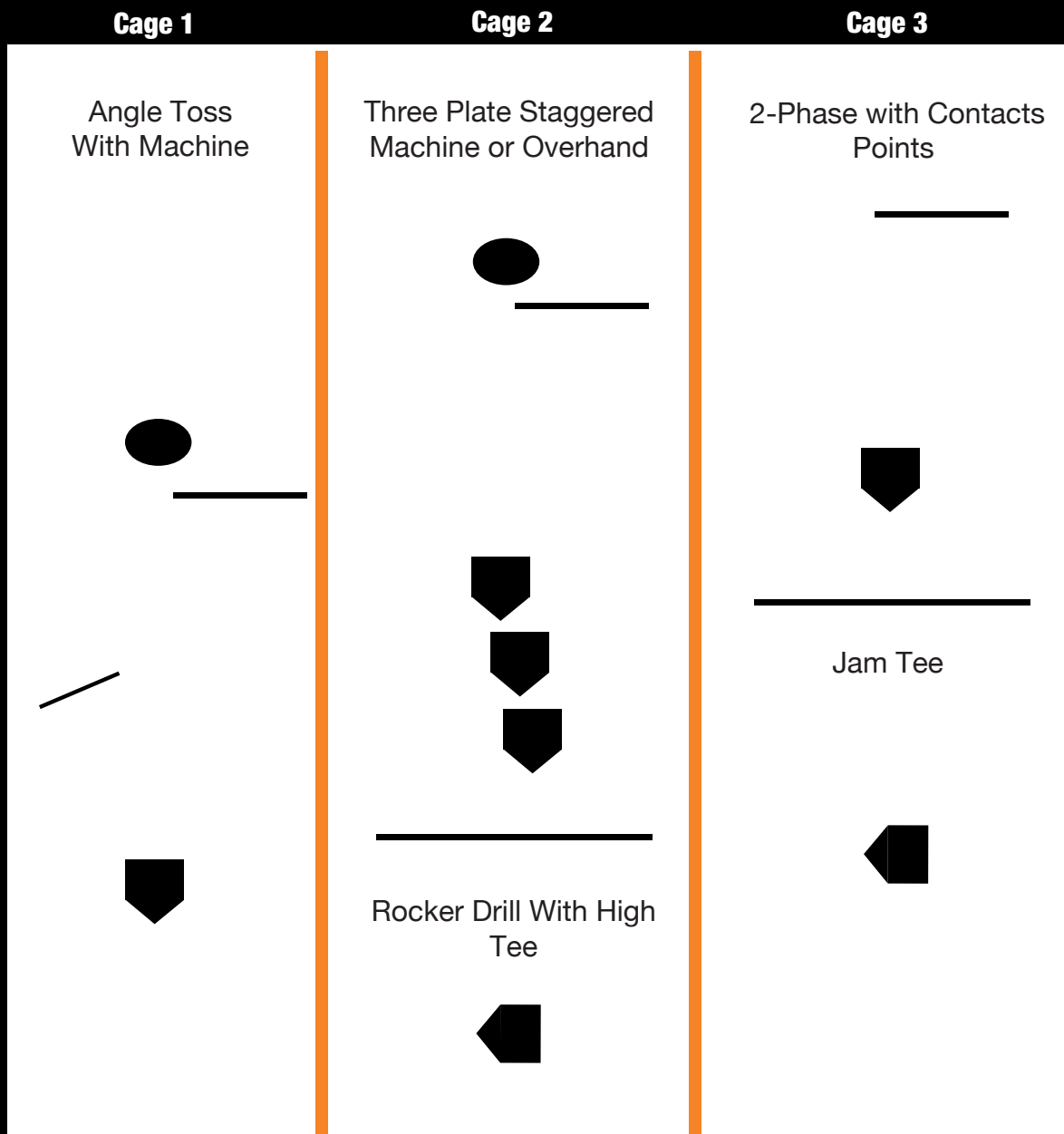
2-Phase with Contact Points

Low Inside, High Outside  
Tee



## Part B: 10:00-55:00

Setup: 15 minute stations, split players up into three groups



**DAY 1: TRAINING ON YOUR OWN**

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

## **10:00-20:00 2-Phase with Contact Points**

Tee

## **20:00-30:00 2-Phase with Contact Points**

Front Toss: execute the drill on your Inside, middle, and outside contact points. Set up cones to show contact points

## **30:00-45:00 Angle Toss and Three Plate Staggered**

Front toss for Three Plate and follow Angle Toss setup

## **45:00-60:00 Angle Toss With Machine/Overhand**

Overhand or machine

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

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

## **10:00-20:00 Rocker Drill With High Tee**

Tee

## **20:00-30:00 Inside Front Toss, Outside Tee**

Front toss and Tee

## **30:00-45:00 Three Plate Staggered**

Front toss

## **45:00-60:00 Three Plate Staggered**

Overhand or machine