



WEEK 3: Barrel Path

ITINERARY

CAGE SETUP AND SCHEDULE

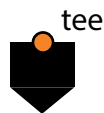
TRAINING WITH COACHES

Part A: 00:00-10:00

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

Cage 1

Open Face
Jam Tee
Contact Points



Cage 2

Open Face
Jam Tee
Contact Points



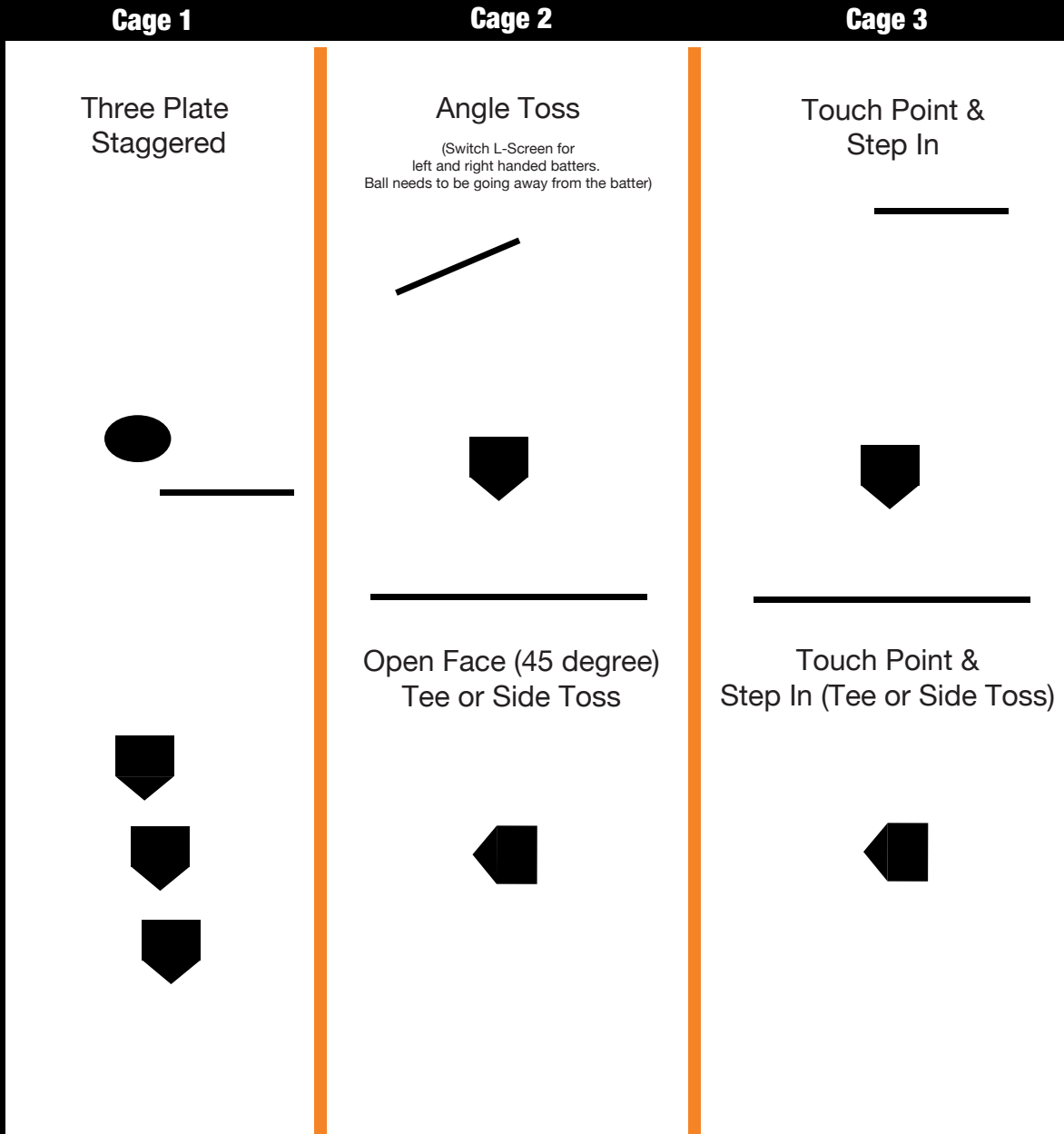
Cage 3

Open Face
Jam Tee
Contact Points



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 Open Face and Jam Tee

Middle tee for open face and follow jam setup

20:00-30:00 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 Open Face and Angle Toss

Front toss for Open Face and follow Angle Toss setup

45:00-60:00 Contact Point

Overhand or machine - Set up cones to show contact points

DAY 2: TRAINING ON YOUR OWN

00:00-10:00 Dynamic Warm-Up

10:00-20:00 Touch Point and Open Face

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 Open Face and Angle Toss

Front toss for Open Face and follow Angle Toss setup

45:00-60:00 Three Plate Staggered

Overhand or machine