



WEEK 5: Comprehensive Review

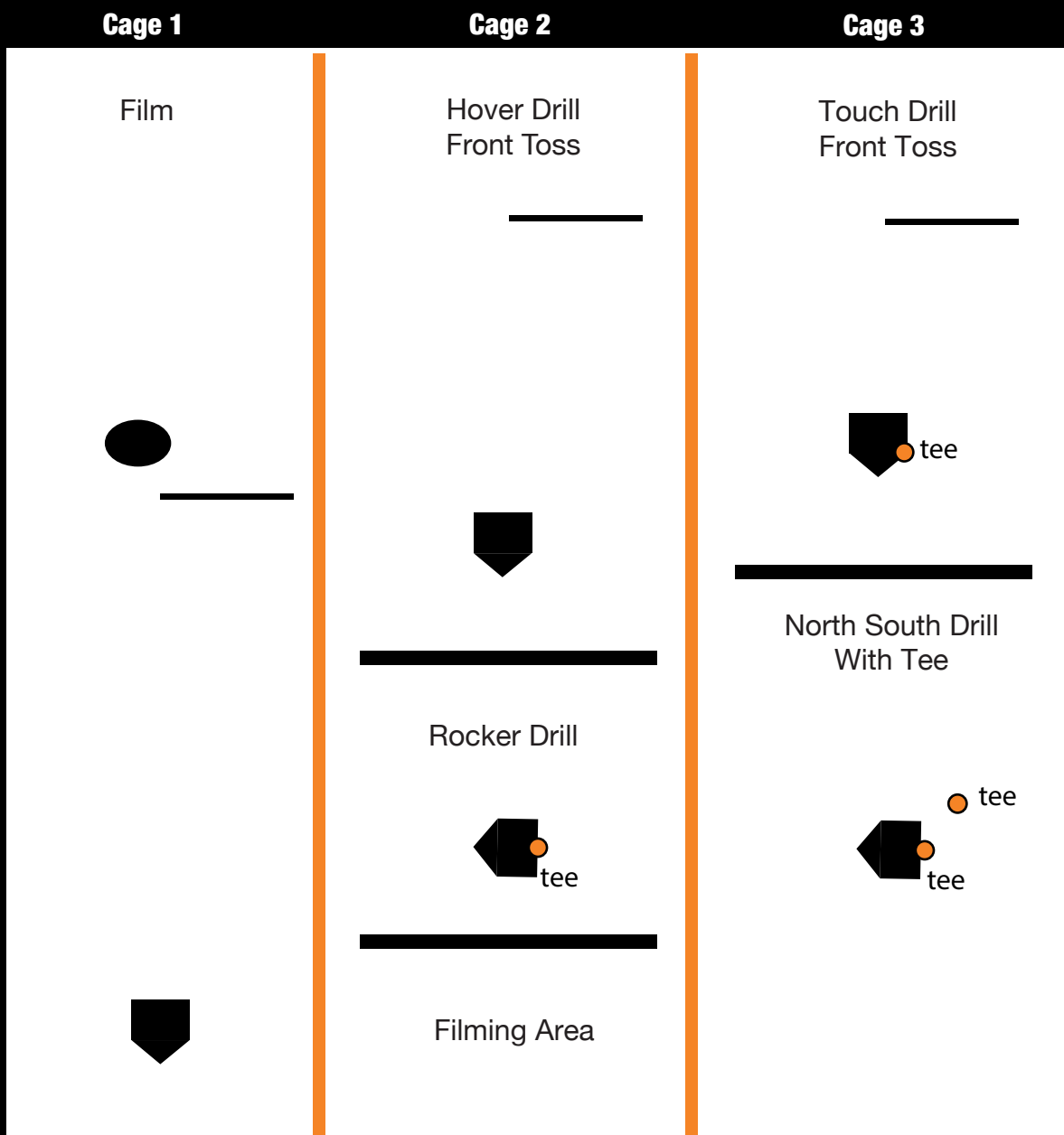
ITINERARY

CAGE SETUP AND SCHEDULE

TRAINING WITH COACHES

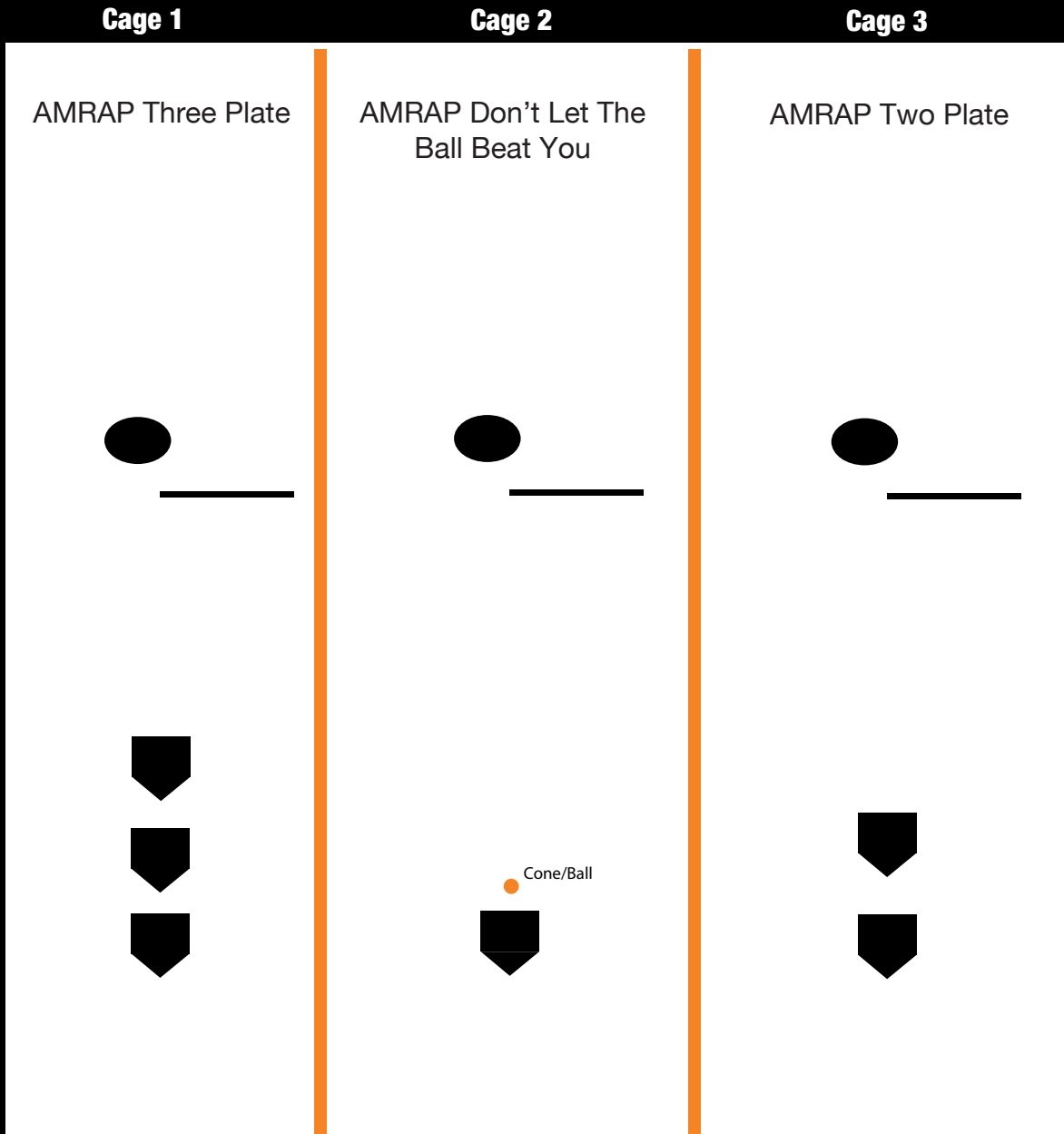
Part A: 00:00-45:00

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



DAY 1: TRAINING ON YOUR OWN

00:00-10:00 Dynamic Warm-Up

10:00-20:00 Hover & Arenado Drill

Inside, middle, and outside contact points

20:00-30:00 North South & Touch Point

Front toss

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

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