



WEEK 6: Power & Basics

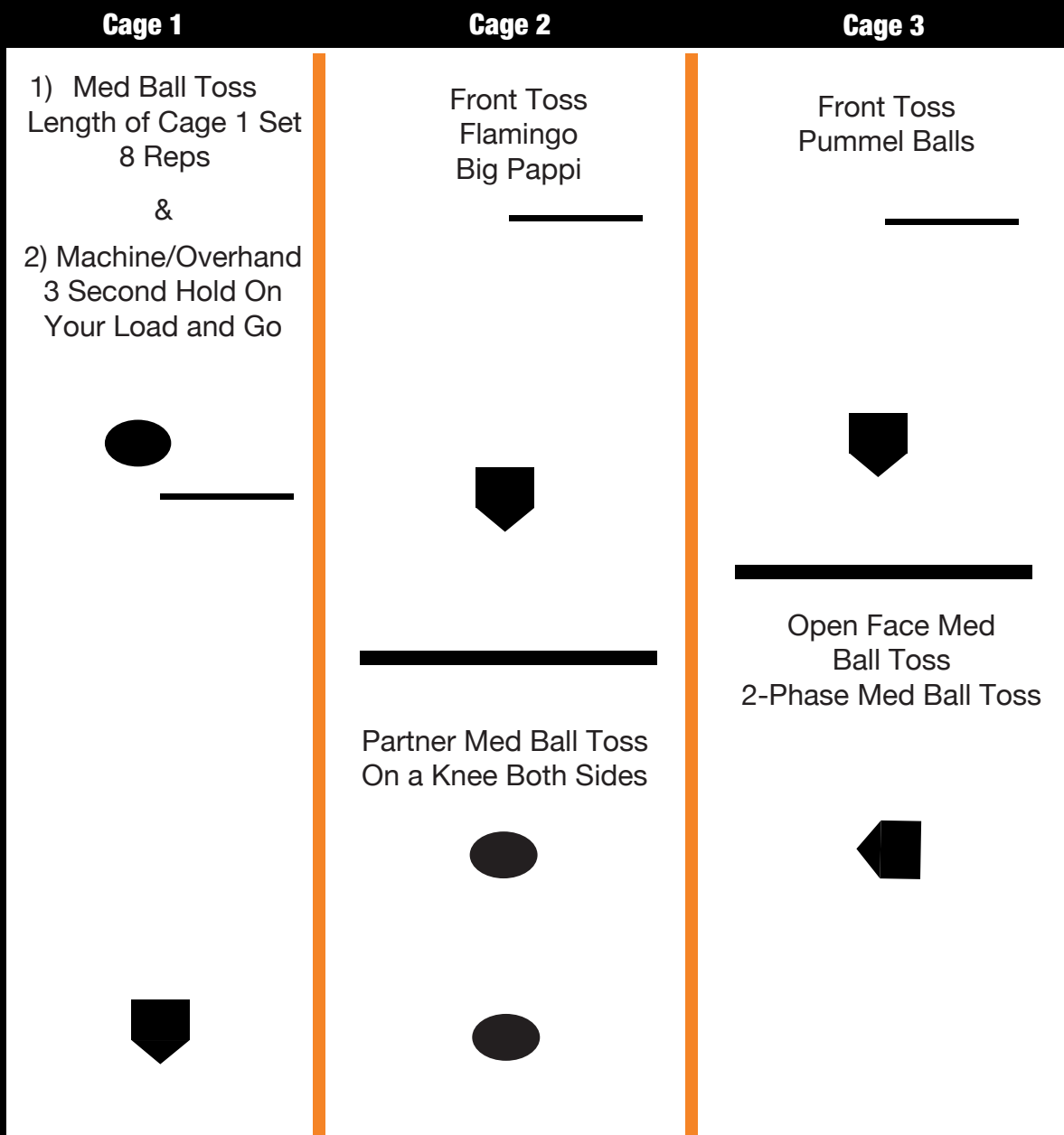
# ITINERARY

## CAGE SETUP AND SCHEDULE

### TRAINING WITH COACHES

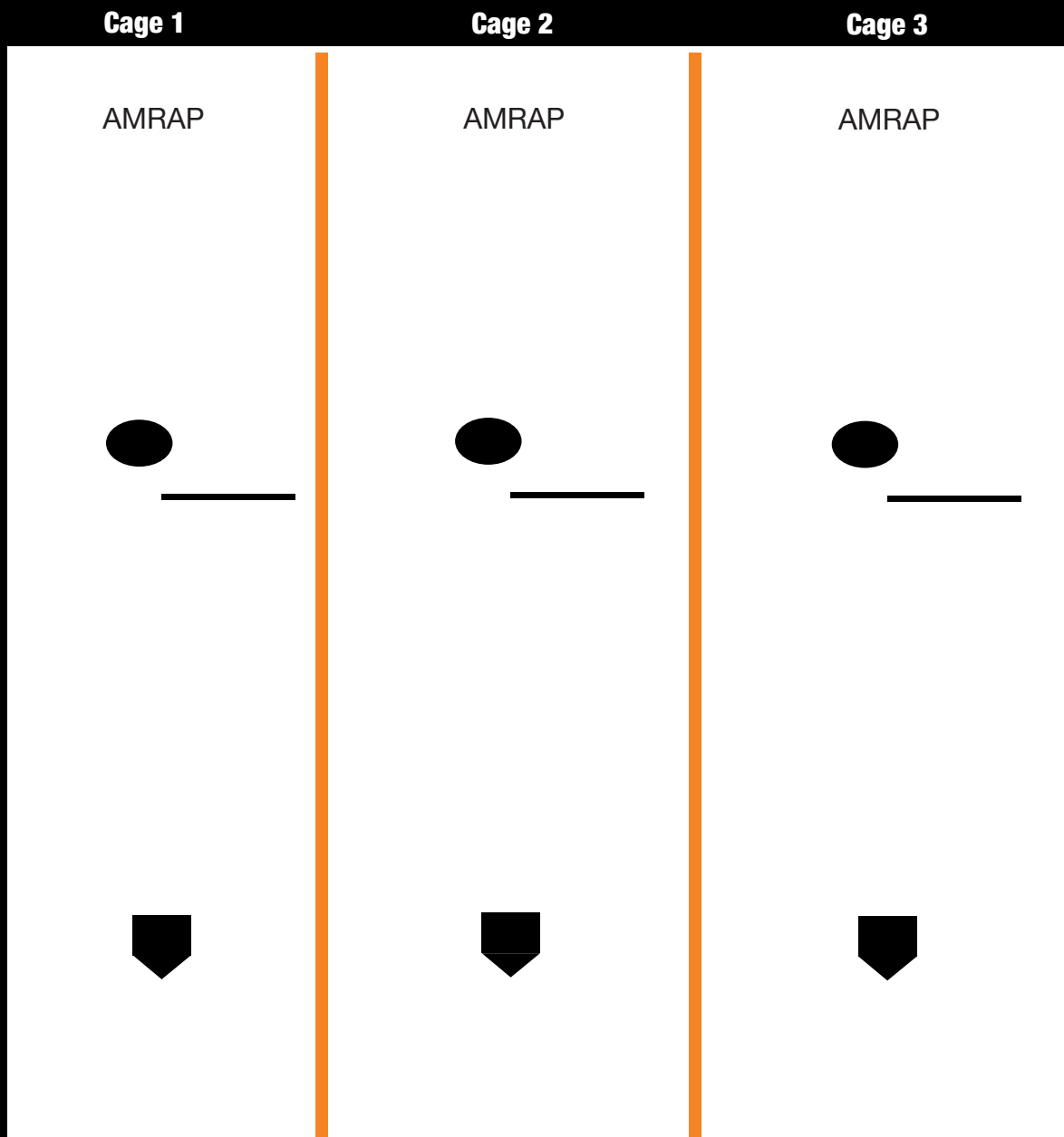
#### Part A: 00:00-45:00

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



## 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 Med Ball Toss Length of Cage**

Focus on distance and keeping the ball middle of the cage

## **20:00-30:00 Med Ball One Knee Toss**

Same concept but eliminating the legs.

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

Flamingo, Big Pappi, and Open Face Drill

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

3 second hold on your load and go, Oppo, Open Face Drill

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

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

## **10:00-20:00 Med Ball Toss Length of Cage**

Use 2-Phase and Open Face and go for distance

## **20:00-35:00 Front Toss**

2-Phase, Open Face, Big Pappi Drill

## **35:00-50:00 Overhand**

2-Phase, Open Face, Big Pappi Drill

## **50:00-60:00 Open Round**

Overhand or machine