



WEEK 7: Swing Path & Rotational Power

ITINERARY

CAGE SETUP AND SCHEDULE

TRAINING WITH COACHES

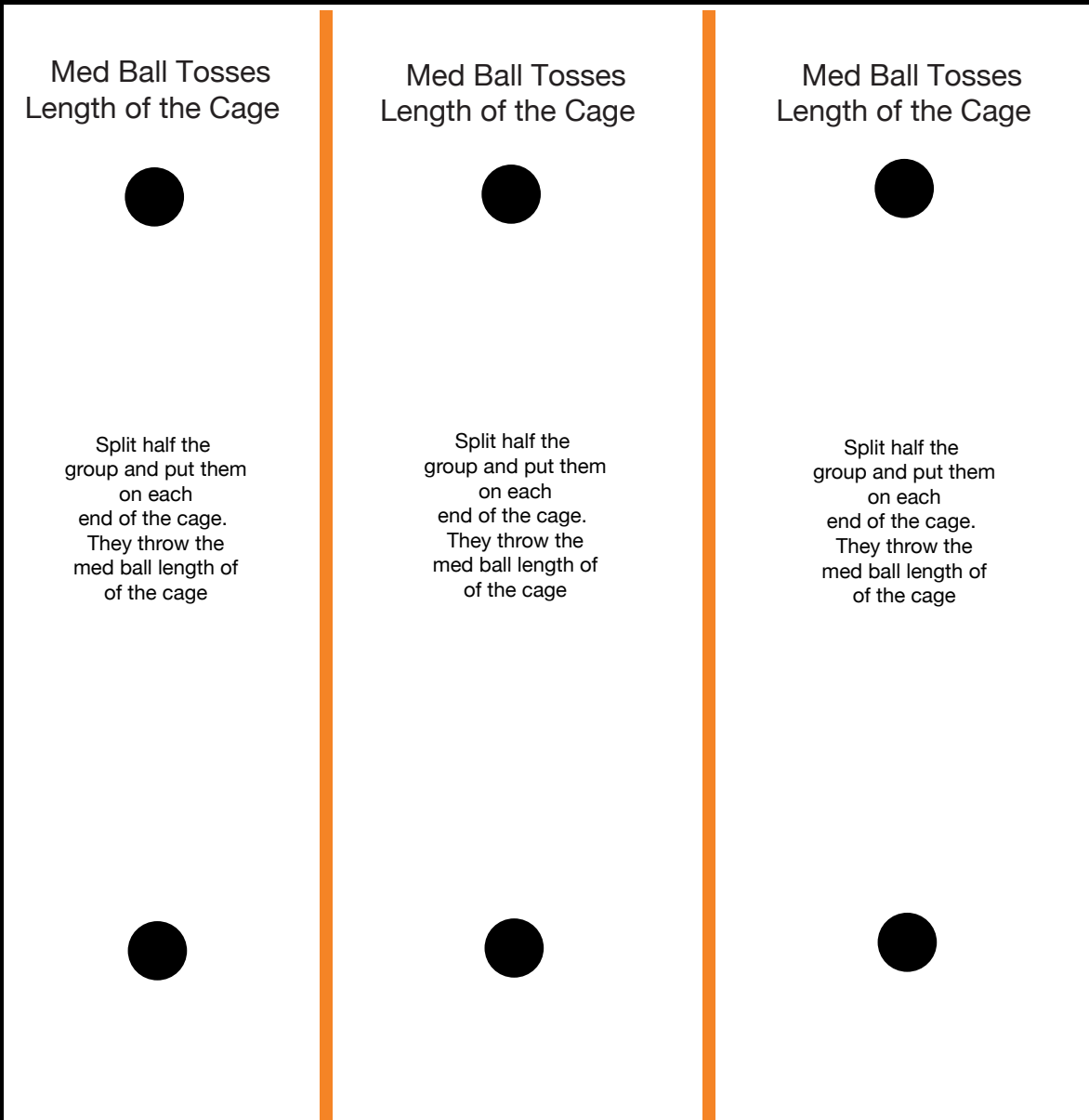
Part A: 00:00-15:00

Setup: Warm-Up: Make sure players work both side of their Med Ball Rotations (Right & Left). If there's time after three rounds of 10 each side move to tee's

Cage 1

Cage 2

Cage 3



Med Ball Tosses
Length of the Cage



Split half the
group and put them
on each
end of the cage.
They throw the
med ball length of
of the cage



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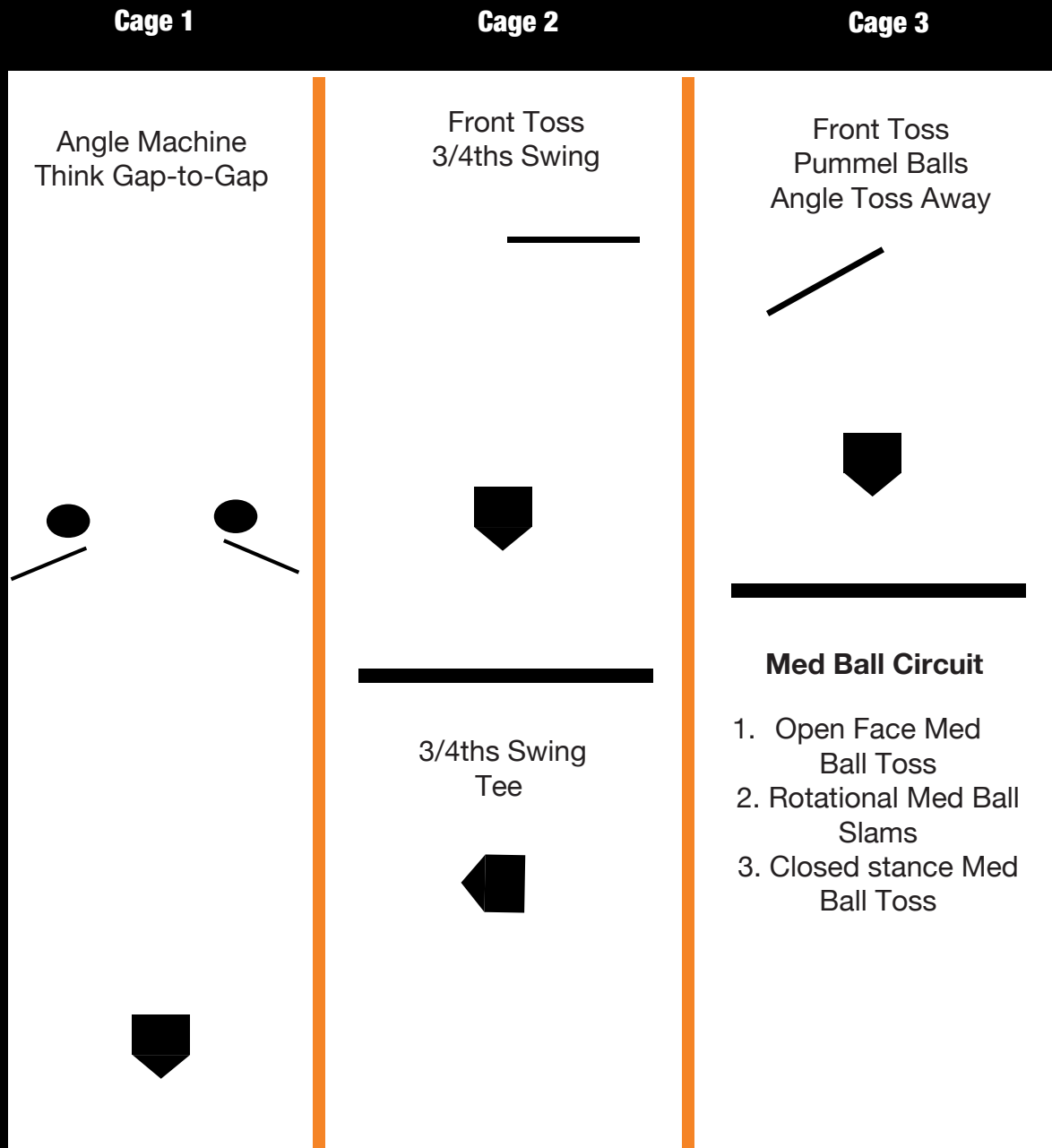


Split half the
group and put them
on each
end of the cage.
They throw the
med ball length of
of the cage



Part B: 15:00-60:00

Setup: 15 minute stations, three groups.



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

3/4ths swing

45:00-60:00 Angle Overhand/Machine

Gap-to-Gap Hitting

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

Open Face

35:00-50:00 Angle Overhand/Machine

Gap-to-Gap Hitting

50:00-60:00 Open Round

Overhand or machine