



WEEK 8: Rotational Power & Bat Speed

# ITINERARY

## CAGE SETUP AND SCHEDULE

### TRAINING WITH COACHES

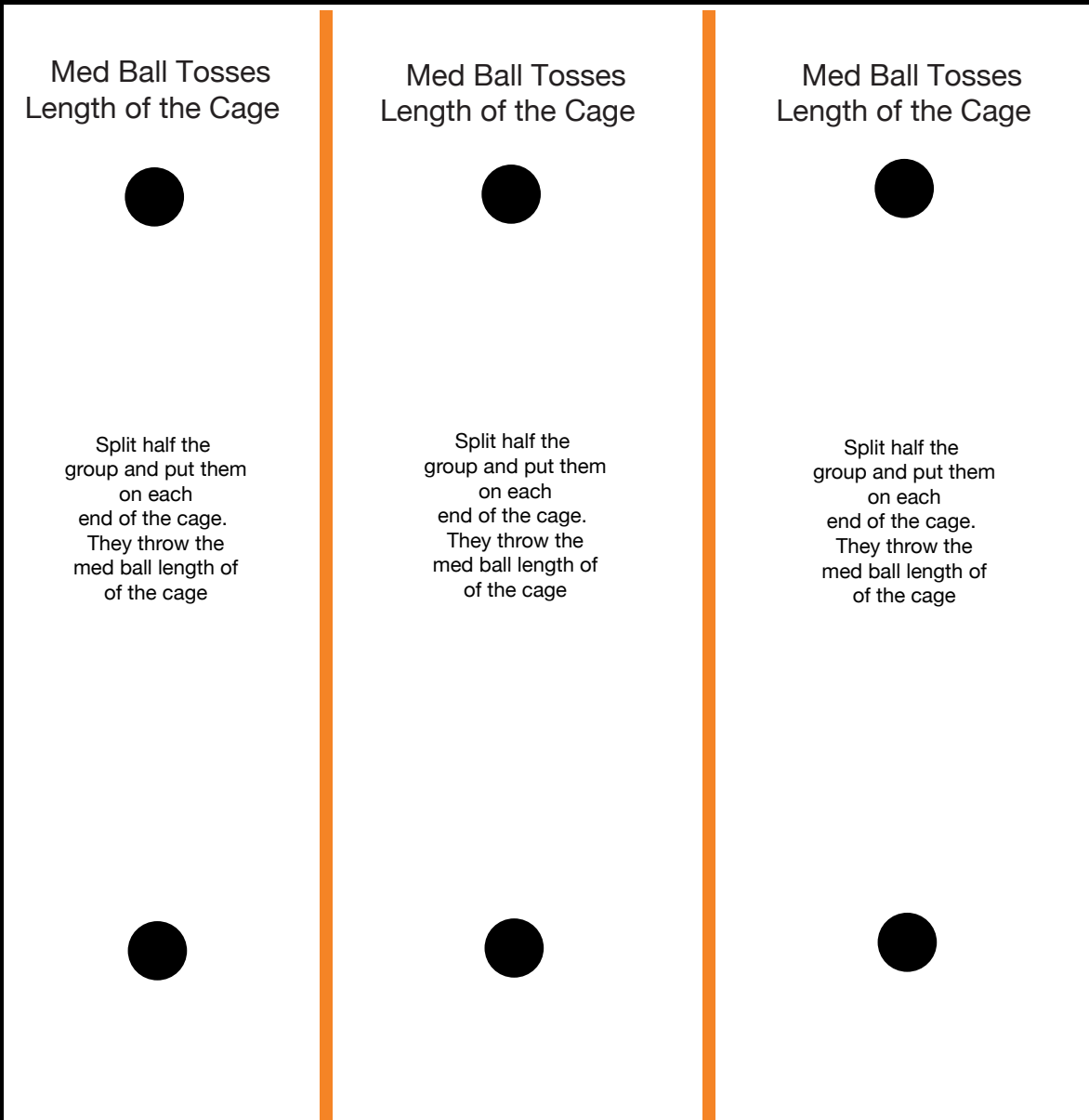
#### Part A: 00:00-15:00

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

**Cage 1**

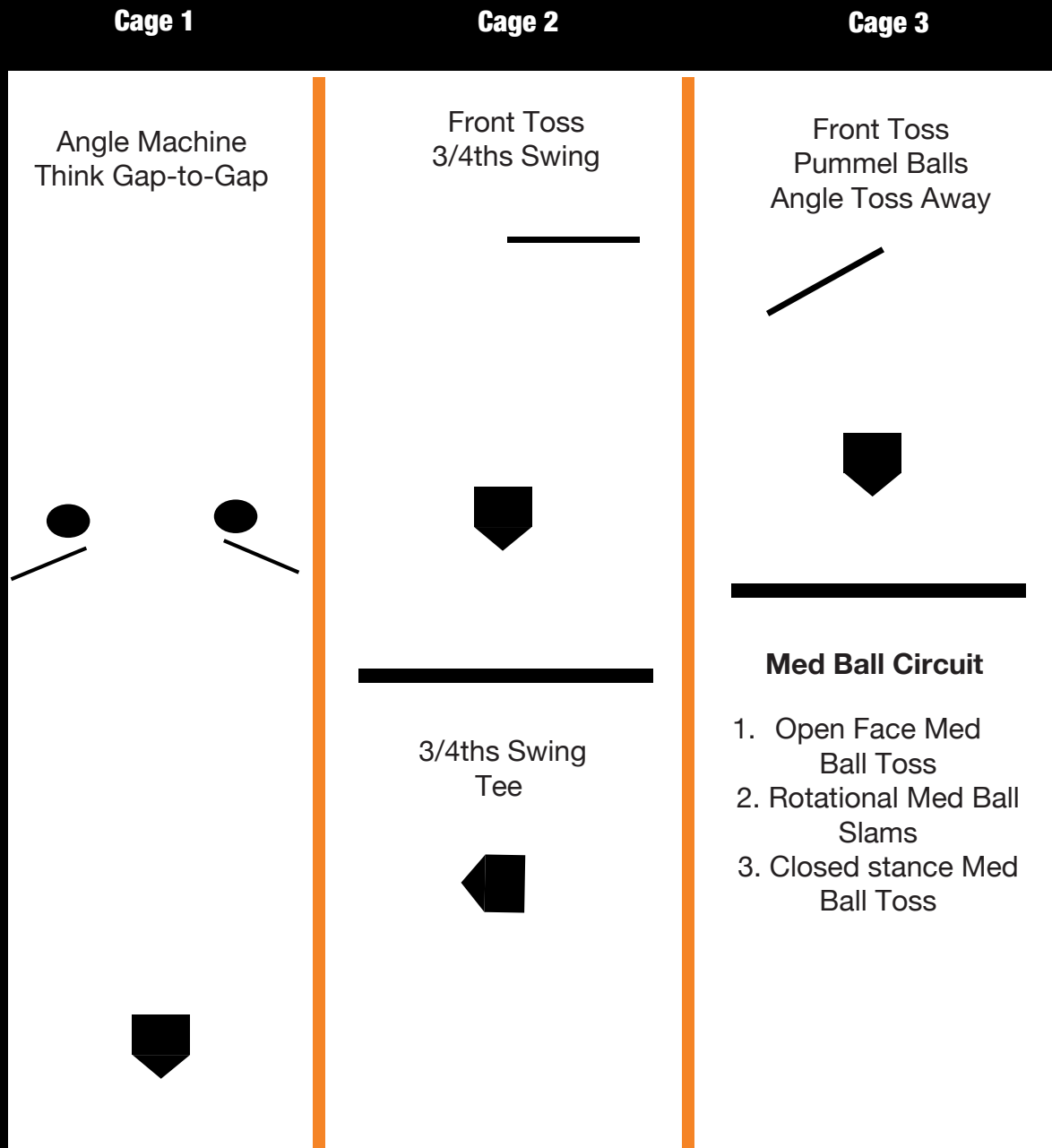
**Cage 2**

**Cage 3**



## 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