



WEEK 9: Comprehensive Review

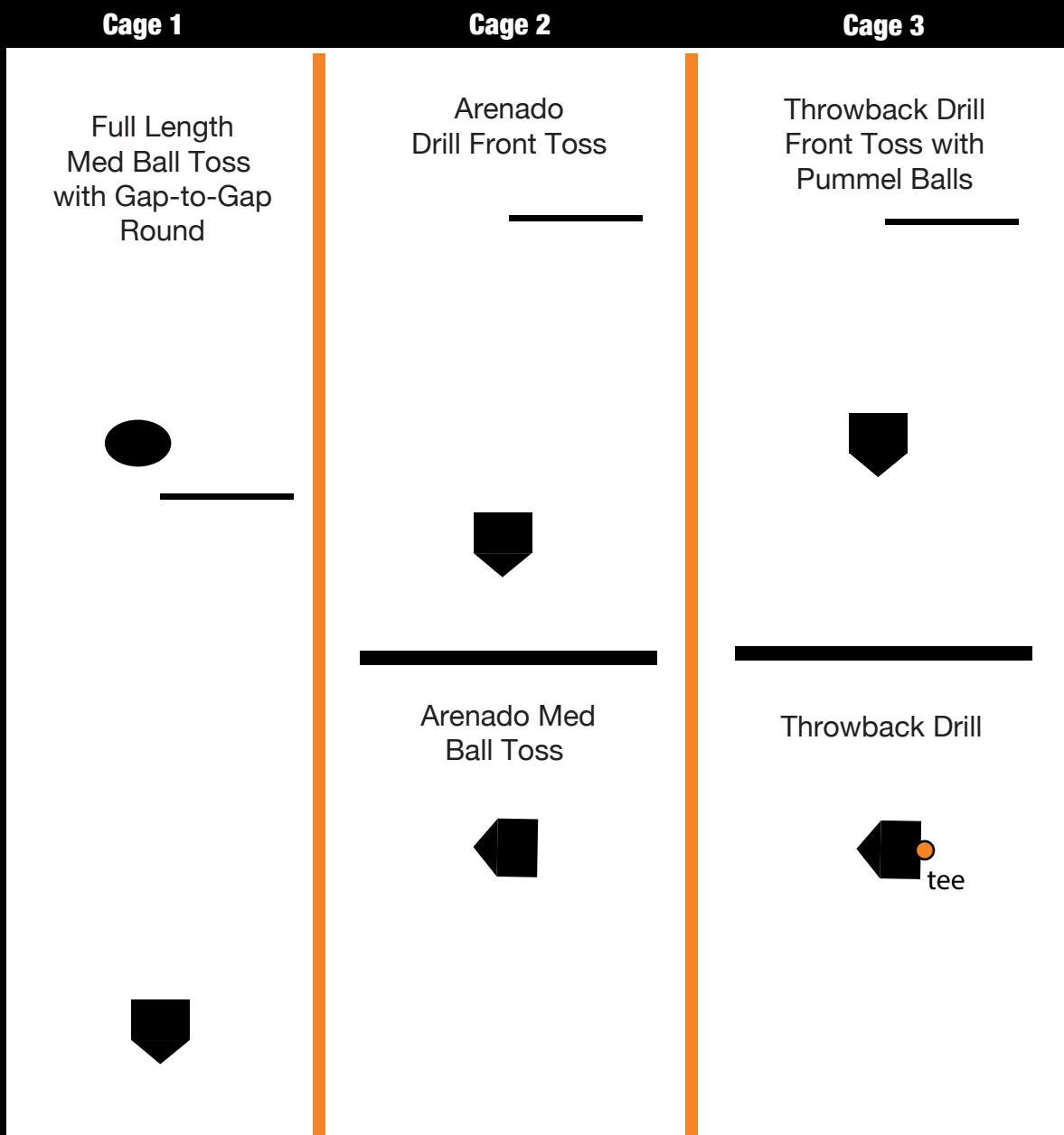
# ITINERARY

## 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

Cage 1	Cage 2	Cage 3
AMRAP 1. Oppo 2. Gap-to-Gap	AMRAP 1. Oppo 2. Gap-to-Gap	AMRAP 1. Oppo 2. Gap-to-Gap
 	 	 
		

**DAY 1: TRAINING ON YOUR OWN**

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

## **10:00-20:00 Arenado & Throwback**

Med ball with Arenado and then transition to tee with both drills

## **20:00-30:00 Arenado & Throwback Drill**

Front toss

## **30:00-45:00 Arenado & Throwback Drill**

Overhand or machine

## **45:00-60:00 Gap-to-Gap Round**

Overhand or machine

### **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 Med Ball Toss Full Length**

Grasp distance and work both sides: left and right

## **30:00-45:00 Arenado & Throwback Drill**

Overhand or machine

## **45:00-60:00 Oppo & Gap-to-Gap**

Overhand or machine