

MONDAY

2-28-22

- 4:00-4:10** **Dynamic Stretching/form running/2 sprints**
- 4:10-4:20** **Baserunning Leads/breaks**
Back/secondary (reading pitcher)
Secondary and go
Straight steal and introduce delay steal
- 4:20-4:30** **Warm up arms**
Long toss
4 corner drill on the infield
- 4:30-4:50** **Defense (1 group INF/1 group OF)**
INF hand rolled GB's to SS and throw across to 1b
- Emphasis on L, R, field, L, R, throw

OF fly balls
- Emphasis on first step, turning body (NOT backpedal), catching ball at chin
- 4:50-5:15** **Whole field DEF**
Slow motion walk through
- Emphasis on EVERYONE moving on EVERY play!
Cut-off man location "1/4 rule"
- 5:15-5:40** **Modified bullpens/baserunning/INF DEF**
- P on mound working mound mechanics, 20 pitch bullpen, pick 1b and "STEP OFF" intro
- Baserunners working primary/secondary leads, steal, BID, etc.
- INF working on holding runners on mechanics
- 5:40 -6:00** **Baserunning**
H to 1st (looking for PB)
H to 1st w/ turn (reading OF for 2B)
1st to 3rd reading ball in OF (reading 3b coach w/ ball in RF)
2nd to H, reading 3b coach

**** Pitchers for modified bullpen****

- Evan/Sam C
- Bennett/Sam C
- Brady/Evan C
- Matthew/Evan C

—if there is time....

- Landin/Matthew C
- Sam/Matthew C