

## **Friday**

**4-9-21**

- 6:00-6:10**      **Dynamic Stretching/form running/explosive training**
- 6:10-6:20**      **Warm up arms**  
4 corner drill
- 6:20-6:45**      **Instruction 5 minutes**  
**Bunting- 4 groups on OF foul line (whiffles, then baseballs)**  
Sacrifice bunting (mindset)  
    Stance, early turn, arm angle, pitch selection, knee to ground  
    Err to fair (we want them to field it)  
  
    Base-hit bunting  
        Delayed show (NOT LATE), bad ball bunter, just fair or foul
- 6:45-7:45**      **Hitting 4 groups— 7 minute stations**  
**Short toss on field hitting (2 bunts then hit 3 swings)**  
**Baserunners reading breaking on bunts, ground balls**  
**Short toss whiffles in OF**  
**Short toss with heavy balls (DRIVE the ball)**
- 7:45-8:00**      **Pre-game INF/OF**  
accurate, quick.