



SEMESTER 1

WEEK	1	2	3	4
1	Introduction to course. Handouts. Blog Agility ladder drills	Defence- Agility ladder w/up Quick hands/feet Funnel drills GB's @3rd.	Conditioning Crossfit WOD Pool rehab	Hitting Tee work- on field targets w/up Front side flip-situations
2	RST, Bunt D's- read & react Rotation	Defence- Agility ladder w/up Long toss Outfield everyday drills	Conditioning Fartlek training Walk-Jog-Sprint Pool rehab	Hitting Cages- Tee routine Situations live Go pro video
3	Game Play Leads @ first Pickoff & rundowns	Task 1 - Thinglink handout Computers	Conditioning Crossfit WOD Pool rehab 6 laps + stretch	Hitting Live BP
4	Hitting Pre BP routine off Tee Live BP on field with video	Conditioning Speed ladder & agility Defence Catchers receiving drills Throw to 2nd	Task 1- computers	Hitting Video analysis Target game with flip
5	PUBLIC HOLIDAY	Conditioning- Triathlon Run, Bike, Swim	Task 1- computers	ZONE SWIMMING CARNIVAL
6	Hitting Live on field	Game Play Pickoffs to 2nd base Conditioning Outdoor Circuit	Team defence Relays through 1st & 3rd to home Defence- infield Double plays 3rd & 1st	Defence PFP's
7	Outfield Fence drills	Defence Mass infield fungo	Goal Setting Theory	Hitting Game play
8	Hitting Tee drills- One hand, High tee, Happy Gilmore	Article Review	Conditioning -Plyometrics	Combined practice -team defence -2 pitch game
9	Defence- Catchers- dropped 3rd strike & cover home Pop ups	Revision- Catch up session	Conditioning Speed trianing Pool rehab	Hitting Live on field
10	Defence Infield live speed	Hitting machine w/ Broom sticks	Conditioning Crossfit WOD	Clean Up Choice of activity

BASEBALL

SOUTH FREMANTLE

SENIOR HIGH SCHOOL



WEEK	1	2	3	4
11	STUDENT FREE DAY	Conditioning AEROBIC 5 mins bike 2 mins Rower 5 mins x-trainer Core circuit	RST Join in soccer with sports class	Hitting Flip drills in Rec
12	Speed Ladder W/up Pitching throwing drills Infield footwork drills Fungo reps	Computers Sign up for online coaching View hitting clips	PTO- Teacher interviews	Hitting on field Targets & situations
13	Weights room 10 mins bike 3 mins rower 5 mins x-trainer Core circuit CHOICE- 5 exercise- 3x10	Computers- Online coaching	RST Pitching Flat ground pens Rotate pitching & catching 30 pitches	Hitting Cages or on-field flip
14	Weights room 10 mins bike 3 mins rower 5 mins x-trainer Core circuit CHOICE- 5 exercise- 3x10	Computers- Online coaching	RST Pitching Flat ground pens Rotate pitching & catching 40 pitches	Hitting Cages or on-field flip
15	Weights room 10 mins bike 3 mins rower 5 mins x-trainer Core circuit CHOICE- 5 exercise- 3x10	Computers- Online coaching	Hitting Cages or on-field flip	STUDENT FREE DAY NO SCHOOL
16				
17				
18				
19		LIGHTNING CARNIVAL	LIGHTNING CARNIVAL	

BASEBALL

SOUTH FREMANTLE
SENIOR HIGH SCHOOL



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