

KRETZ FILES

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Spring Semester – Week 1

Train to Compete 1 of 3

Monday

- Class expectations
- Issue paperwork
 - Physical, Medical Release, UIL Acknowledgement of Rules,
 - UIL Steroid Form, HCISD Athletic Handbook
- Issue Lockers
- Class Routines
- Class Guidelines
- Weight room Warm-Up and Circuit

Tuesday

- Dynamic Baseball Stretch
- Throwing mechanics
- Circuit # 1 – ladder, medicine ball trunk twists, and wrists/forearms
- Circuit # 2 – standing long jump with sprint and wheel with sprint
- Circuit # 3 – jog eight minutes

Wednesday

- Weight room Warm-Up
- Weight training Circuit # 1 (2x15)
- Tubing Routine 1 x 15
- Core – Big 8 1 x 15
- Medicine Balls 1 x 15

Thursday & Friday – Coach Kretz at UT / Baylor Practices

- Substitute – report to room 7-206
- Victor, Jordan, Jay, and Justin will lead the class discussion and complete the baseball test.
- Turn in answers to the substitute when done.

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Spring Semester – Week 2

Train to Compete 2 of 3

Monday

4 Way Fungo
Bull Pen with 15 pitches (FB only $\frac{1}{2}$ to $\frac{3}{4}$ speed)
10 x 10 in ten minutes

Tuesday

Weight room warm-up
Weight room circuit 2 x 15
Tubing Routine
Wheel with ten-yard sprint x 5
Big 8

Wednesday

BP with multi-fungo vs live pitching
Each pitcher 15 pitches (FB $\frac{1}{2}$ to $\frac{3}{4}$ speed)
Build Ups x 5

Thursdays

Weight room warm-up
Weight room circuit 2 x 15
Tubing Routine
15 x 15
Big 8

Friday

T Drill with a runner on 1B
Bull Pen with 15 pitches (FB $\frac{1}{2}$ to $\frac{3}{4}$ speed)

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Spring Semester – Week 3

Train to Compete 3 of 3

Monday

Hit and Run Drill
Bull Pen with 25 pitches (FB / CH $\frac{3}{4}$ speed)
10 x 10 in ten minutes

Tuesday

T Drill with a runner on 2B only
EDPs: Build Ups (jog/sprint/jog) x 6
P: Poles in 30 (run a pole in 30 seconds with a thirty-second rest) x 6

Wednesday

Weight room warm-up
Weight room circuit 2 x 15
Tubing Routine
15 x 15
Big 8

Thursday

T Drill with runner on 3B only
EDPs: Poles in 30 x 6
P: 15 x 15

Friday

BP with multi-fungo vs live pitching
Each pitcher will throw 25 pitches FB / CH $\frac{3}{4}$ speed
EDPs: Build Ups x 6
P: Poles in 30 x 6