

Pro Velocity Fall Program

PHASE 1: Mechanics & Control (Weeks 1–4)

Goal: Build clean swing patterns and control with light resistance.

Resistance Level: Light (1–2 bands)

Weekly Schedule (3x/week):

- **Drills:**

1. Dry Swings (No Ball) – 2x8 (focus on sequencing)

2. Tee Work, no ball (Middle Tee) – 2x8

3. Tempo Swings (3-second load) – 2x8

4. Finish: Intent Swings – 2x8 (80% effort)

 ***Focus:*** Barrel path, staying connected, smooth turn, balance

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PHASE 2: Strength & Speed (Weeks 5–8)

Goal: Add resistance and begin swinging with more intent.

Resistance Level: Medium (2–3 bands)

Weekly Schedule (3x/week):

- **Drills:**

1. Dry Swings – Max Effort – 2x8

**2. Tee Work – Low + High Pitches – 2x6
each zone**

**3. Pause at Load, Then Fire – 2x8 (train
coil)**

4. Max Intent Tee Swings – 2x5

 **Focus: Feel resistance in load → explode
through the zone.**

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PHASE 3: Power & Intent (Weeks 9–12)

Goal: High intent swings under resistance. Maximize force production.

Resistance Level: Heavy (3+ bands) as tolerated with mechanics intact

Weekly Schedule (3x/week):

- **Drills:**

1. Tee Swings – 3 Zones (High/Low/Middle) – 3x5 each zone

2. Max Effort Dry Swings – 2x6

3. Step-Behind Swings (Build Momentum) – 2x6

4. Challenge Round:

- 5 hardest swings of the day (track bat speed if possible)

🧠 **Focus:** Intent over perfection. Push swing speed limits. Rest longer between max swings.

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PHASE 4: Game Speed & Reaction (Weeks 13–16)

Goal: Transfer bat speed gains to game-like swings under pressure and variability.

Resistance Level: Cycle through Light → Heavy depending on drill

Weekly Schedule (3x/week):

- **Drills:**

1. Tee Swings – Pitch Mix (Random Locations) – 2x6 (Medium)

2. React Swings, Load w/hold (Partner Yells “Go” at Random Time) – 2x6 (Heavy)

3. Competition Rounds: (Heavy/Same as the last phase)

- *3 rounds of 5 swings: Try to beat previous bat speed*

4. Cooldown Swings (Tempo Focus) – 2x8 (light resistance) (Light)

🧠 ***Focus:*** Speed + control under game-like tension. Stay fast, loose, and competitive.