1:00-5:00PM		Softball: Practice Sched	uic						RH/LH	Grouping	<u>Group</u>	Partner	
Time In	<u>Time Out</u>					Jump Rope	<u>Routine</u>	7	LS	Schweitzer	2	A	
0:00	0:10	Jump Rop	e Routine	tine		:30 Easy :30 Rest			LS	Bingham	2	А	
0:10	0:11		-Flex Presentatio	on	:30 Speed		:30 Rest		LS/LH	Caudle	2	С	
0:11	0:18	V-Flex Pre	sentation - Hand	out		:30 Right	:30 Rest		LH	McFarland	2	С	
0:18	0:21	Concentra	tion Grid		:30 Left	:30 Rest		RH	Turner	2	В		
0:21	0:24	OFFENSIV	E SET UP			:30 Cross	:30 Rest		RH/LS	Konz	2	В	
0:25	1:15	50 minute		:30 Speed	:30 Rest		RH	Johnson	1	А			
2	2	-	↓ ĭ			1:00 Cond.	1:00 Rest		RH	Chairez	1	В	
			•			:30 ALT	:30 Rest		RH	Schaben	1	А	
			:30 C-Down :30 Rest			RH	Lewis	1	С				
	1	2	3		4	RH		Williams	1	C			
									RH	Hartman	1	В	
	8	7			6		5		RH	Scheffert	1	D	
		,							RH	Antillon	1	D	
									RH	Bosworth	2	D	
2 Sets/15R	Drill 1	Separation/Load to Ground	Force Station						RH	Woolpert	2	D	
		2 sets of 7 finger tip push-u	ned with a wo	ood bat				1					
	<u>Drill 2</u>	3-Tap Explosive Swings		Time	Drill 1	Drill 2	Drill 3	Drill 4	Drill 5	Drill 6	Drill 7	Drill 8	
		Paper Roll (EA hand, 3x)		0:00-0:05	А	В	c	D					
	Drill 3	Inside POPS		0:06-0:11		А	В	С	D		1		
	Differential	Ladder Runs		0:12-0:17			A	В	С	D			
	Drill 4	Outside POPS	Infielders	0:18-0:23				А	В	С	D		
	Differential		GROUP 1	0:24-0:29					А	В	С	D	
	Drill 5	Inside/Outside POPS		0:30-0:35	D					А	В	С	
	Vision1	Green Therapy		0:36-0:41	с	D					А	В	
2 Sets/7R	Drill 6	Long Tee Drill		0:42-0:47	В	с	D					А	
	Vision2	Figure 8's vision exercises		Time	Drill 1	Drill 2	Drill 3	Drill 4	Drill 5	Drill 6	Drill 7	Drill 8	
	Drill 7	V-Flex CHart1 help		0:00-0:05	А	В	C	D	-				
	Vision3	Two Dots Vision Exercise		0:06-0:11		А	В	С	D				
	Drill 8	V-Flex Chart2 help		0:12-0:17			A	В	С	D			
	Vision4	Blinking Vision Exercises	OF/Catchers	0:18-0:23				А	В	С	D		
			GROUP 2	0:24-0:29					А	В	С	D	
				0:30-0:35	D			1		А	В	С	
				0:36-0:41	С	D		1			А	В	
				0:42-0:47	В	С	D					А	
			On Deck Routi	ine	-								
		HEAD ROLLS and Breathing Techniques						Regulate your	Regulate your breathing by taking several slow and deep breaths.				
1:15	1:20	HEAD ROI	LS and Dreathin	On Deck Routine							our mind		
1:15	1:20												
1:15 1:20	1:20 1:30		outine	Pencil Drop/	Partner				-	your chin to you			
-		On Deck F Timing Tr a	outine	•				Deep Breath a	nd exhale drop		r chest	2	
-		On Deck F Timing Tr Partner St	outine aining	•				Deep Breath a Do it slowly, re	nd exhale drop elaxing the nex	your chin to you	r chest at the same time		
1:20	1:30	On Deck F Timing Tr Partner St	outine aining arts (5 yards off	•				Deep Breath a Do it slowly, re Inhale Deeply	nd exhale drop elaxing the nex and slowly and	your chin to you k and shoulders o	r chest at the same time ght and then to		
1:20	1:30	On Deck F Timing Tr Partner St Test and <i>N</i>	outine aining arts (5 yards off Aeasurement	•				Deep Breath a Do it slowly, re Inhale Deeply Keep your sho	nd exhale drop elaxing the nex and slowly and ulders and nec	your chin to you k and shoulders o roll your head rig	r chest at the same time ght and then to I at all times		
1:20	1:30	On Deck F Timing Tr Partner St Test and <i>N</i> 60' 2 x	outine aining arts (5 yards off Aeasurement	•				Deep Breath a Do it slowly, re Inhale Deeply Keep your sho Let your head	nd exhale drop elaxing the nex and slowly and ulders and nec roll as if its disc	your chin to you k and shoulders o roll your head rig k muscles relaxed connected from y	r chest at the same time ght and then to at all times your body	back	
1:20	1:30	On Deck F Timing Tr Partner St Test and M 60' 2 x IPAD Swir	outine aining arts (5 yards off Aeasurement	partners mov	ement)			Deep Breath a Do it slowly, re Inhale Deeply Keep your sho Let your head Start exhaling	nd exhale drop elaxing the nex and slowly and ulders and nec roll as if its disc	your chin to you k and shoulders a roll your head rig k muscles relaxed connected from y r head to the oth	r chest at the same time ght and then to at all times your body	back	

		e Softball: Pr	actice Schedul	е										
2 Hour Worl								_		,	RH/LH	Grouping	<u>Group</u>	Partner
<u>Time In</u>	<u>Time Out</u>				Jump Rope Routine					LS	Schweitzer	2	A	
0:00	0:10		Jump Rope				:30 Easy				LS	Bingham	2	A
0:10	0:11			uadrant Bunt			:30 Spee	-			LS/LH	Caudle	2	C
0:11	0:18		4 quadrant Bunt Work+Mechanics Check :30 Right						est		LH	McFarland	2	C
0:18	0:21		Concentration Grid :30 Left :30 R								RH	Turner	2	В
0:21	0:24	OFFENSIVE SET UP					:30 Cros				RH/LS	Konz	2	В
0:25	1:15		50 minute H	itting Routine			:30 Spee	-			RH	Johnson	1	А
			•	▼			<mark>1:00 Cor</mark>				RH	Chairez	1	В
							:30 ALT				RH	Schaben	1	A
								<mark>own :30</mark> R	est		RH	Lewis	1	C
	1		2			3			4		RH	Williams	1	C
											RH	Hartman	1	В
	8		7			6			5		RH	Scheffert	1	D
											RH	Antillon	1	D
											RH	Bosworth	2	D
2 Sets/15R	<u>Drill 1</u>	Separation/Lo	oad to Ground Fo	orce Station							RH	Woolpert	2	D
	Differential	2 sets of 7 fing	ger tip push-ups			Note: All Dr		rills performed with a woo						
2 Sets/7R	<u>Drill 2</u>	3-Tap Explosi	ve Swings		Time	Drill 1	Drill	2 D	rill 3	Drill 4	Drill 5	Drill 6	Drill 7	Drill 8
	Differential	Paper Roll (EA	A hand, 3x)		0:00-0:05	А	В	C		D				
2 Sets/7R	Drill 3	Inside POPS		-	0:06-0:11		A	В		С	D			
	Differential	Ladder Runs			0:12-0:17			А		В	С	D		1
2 Sets/7R	Drill 4	Outside POPS		Infielders	0:18-0:23					A	В	С	D	
	Differential	Cones		GROUP 1	0:24-0:29						А	В	С	D
2 Sets/7R	Drill 5	Inside/Outsid	e POPS		0:30-0:35	D						А	В	С
	Vision1	Green Therap			0:36-0:41	С	D						А	В
2 Sets/7R	Drill 6	Long Tee Dril			0:42-0:47	В	с	D						А
	Vision2	Figure 8's visi			Time	Drill 1	Drill		rill 3	Drill 4	Drill 5	Drill 6	Drill 7	Drill 8
TBD	Drill 7	V-Flex CHart1			0:00-0:05	A	В	С		D	-			
	Vision3	Two Dots Visi			0:06-0:11		А	В		C	D			+
TBD	Drill 8	V-Flex Chart2			0:12-0:17			A		B	- C	D		+
	Vision4	Blinking Visio		OF/Catchers	0:18-0:23					A	В	с С	D	
		2		GROUP 2	0:24-0:29						A	В	C	D
					0:30-0:35	D						A	В	
					0:36-0:41	- C	D						A	В
					0:42-0:47	В	C	D						A
					0.42 0.47	5	c	0						
1:15	1:18		Bunt Series	and Bat Sneed	Series		1:18 -1:5	5 Bunt	Series fo	or Group 2		Charts in Re	d Book	
:18-1:48	1:18Bunt Series and Bat Speed Series1:18 -1:55BunWarm up stretch									•	weitzer and B			
:10-1:40	Straddle ball Roll, Hip Circles, Side Bends and total body stretch									caudic, Sen		ingnam		
	CORE													
	Crunches, curl ups, Oblique Twists, V-Sits and Planks													
	UPPER BODY													
	Front Raise, Shoulder press and catch, Bicep Curl, Tricep Extensions and push ups													
	LOWER BODY													
	Wall Sits, Walking lunges, Squats and Progressions													
:48-1:58	Push Ball and	and Sprints+ Cone Acceleration Sprints												
:58-2:00	Drink													

1:58-2:00 Drink