

WEEK 5			
SESSION 2			
WARM-UP [10 MIN]			
THROWING [15 MIN]			
Wrist snap (T-Rex)	all	5x, to mat, rotate	TED: wrist back, good ball rotation
Elbow & wrist snap	all	5x, to mat, rotate	TED: wrist back, good ball rotation, hard snap
Throw over knee	all	5x, to mat, rotate	TED: hard throw all the way through
On feet, Shoulder width, throw	all	5x, to mat, rotate	TED: Rotate, hard throw all the way through
On feet, Stagger, throw	all	5x, to mat, rotate	TED: Rotate, hard throw all the way through
On feet, footwork (step), throw	all	5x, to mat, rotate	TED: open hips, elbow up, hard throw all the way through
Long throw hit target (with mid target)	all	2 lines, possible 3 lines	
CATCHING [20 MIN]			
force at bag	Major		
tag at bag	Major		
turn and catch, or sitting down	HS		
hot potato	HS		
FIELDING [25 MIN]			
collect, pop, throw position	Major	5 min, pair	CED
step, collect, throw position	Major	5 min, pair	CED
step, collect, throw	Major	5 min, pair	CED
grounders, throw (count the number of bounces)	Major	rotation	straight, left, right, short hop
collect, pop, throw position	HS	5 min, pair	CED
step, collect, throw position	HS	5 min, pair	CED
step, collect, throw	HS	5 min, pair	CED
from the knees	all	3 balls, rotate, lines	
on the run throw	all	rotation	
off balance throw	all	rotation	
3rd to 1st to home (situation)	all	rotation	runner on third, force at 1st, home to tag (coach at home)
reaction ball	all	rotation	
GAME [0 MIN]			
None			