

	TOMAHAWK BASEBALL				
TUES & THUS 6:30 - 7:25am (examples to right)					
Column 1 = Time (min) Column 2 = Activity Column 3 = Duration					
	Warmup* (See links to right ----->)				3-5 min
	Defensive / pitching work				20-25 min
	Offensive work				20-25 min
HITTING (cage): 2-plate, 50/50 strikes, point tally, angle B-P, etc.					
HITTING (non-cage): (alternate these on days you are in to get swings)					
	Day 1	https://youtu.be/MroIV6Mly-k			
	(technique)	https://www.youtube.com/watch?v=8VB_OrM6DWE&feature=youtu.be			
		https://www.youtube.com/watch?v=viAKr7hQFME&feature=youtu.be			
	Day 2				
	(timing)	https://www.youtube.com/watch?v=92Tdu-MfLGo&feature=youtu.be			
		https://www.youtube.com/watch?v=DpShzUcY2N8&feature=youtu.be			
	Day 3				
	(over/under load)	https://www.youtube.com/watch?v=yLfrPM0p05U&feature=youtu.be			
		https://www.youtube.com/watch?v=53ujhqMmjBA&feature=youtu.be			
	Day 4				
	(target hitting)	https://www.youtube.com/watch?v=xpd3PdfcOXk&feature=youtu.be			
		https://www.youtube.com/watch?v=mBt1M_6Ed5s&feature=youtu.be			
	Day 5				
	(game ready)	https://www.youtube.com/watch?v=ct3p6aOKIK0&feature=youtu.be			

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