



## 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**

<b>HITTING (cage):</b>	2-plate, 50/50 strikes, point tally, angle B-P, etc.				
<b>HITTING (non-cage):</b>	(alternate these on days you are in to get swings)				
Day 1 (technique)	<a href="https://youtu.be/Mrlv6Mly-k">https://youtu.be/Mrlv6Mly-k</a>				
	<a href="https://www.youtube.com/watch?v=8VB_OrM6DWE&amp;feature=youtu.be">https://www.youtube.com/watch?v=8VB_OrM6DWE&amp;feature=youtu.be</a>				
	<a href="https://www.youtube.com/watch?v=viAKr7hQFME&amp;feature=youtu.be">https://www.youtube.com/watch?v=viAKr7hQFME&amp;feature=youtu.be</a>				
Day 2 (timing)					
	<a href="https://www.youtube.com/watch?v=92Tdu-MfLGo&amp;feature=youtu.be">https://www.youtube.com/watch?v=92Tdu-MfLGo&amp;feature=youtu.be</a>				
	<a href="https://www.youtube.com/watch?v=DpShzUcY2N8&amp;feature=youtu.be">https://www.youtube.com/watch?v=DpShzUcY2N8&amp;feature=youtu.be</a>				
Day 3 (over/under load)					
	<a href="https://www.youtube.com/watch?v=yLfrPM0p05U&amp;feature=youtu.be">https://www.youtube.com/watch?v=yLfrPM0p05U&amp;feature=youtu.be</a>				
	<a href="https://www.youtube.com/watch?v=53ujhqMmjBA&amp;feature=youtu.be">https://www.youtube.com/watch?v=53ujhqMmjBA&amp;feature=youtu.be</a>				
Day 4 (target hitting)					
	<a href="https://www.youtube.com/watch?v=xpd3PdfcOXk&amp;feature=youtu.be">https://www.youtube.com/watch?v=xpd3PdfcOXk&amp;feature=youtu.be</a>				
	<a href="https://www.youtube.com/watch?v=mBt1M_6Ed5s&amp;feature=youtu.be">https://www.youtube.com/watch?v=mBt1M_6Ed5s&amp;feature=youtu.be</a>				
Day 5 (game ready)					
	<a href="https://www.youtube.com/watch?v=ct3p6aOKIK0&amp;feature=youtu.be">https://www.youtube.com/watch?v=ct3p6aOKIK0&amp;feature=youtu.be</a>				

<b>WARMUP DESCRIPTIONS / DETAILS</b>						
<a href="#">Sprint back &amp; forth (6 total times - watch from 0:27 to 0:33 seconds, do NOT need band on legs as video shows)</a>						
<a href="#">Carioca with elbows up at 90 degrees (not shown on video) - to 10-count</a>						
Side to side shuffle with elbows at 90 degrees - 10 count						
Power skips (back & forth) - to 10-count						
Baserunning jumps (go hard for 10 yards, 3-4 'jumps')						
<b>DEFENSIVE DESCRIPTIONS / DETAILS</b>						
<b>PITCHERS: Wall drills (3 sets of 10 each, 30 total), Miller Parks</b>						
Video demos:						(3 sets of 10 each, 30 total - the demonstration video calls these 'Yankee Stadiums' )
<a href="#">Wall drill</a>						
<a href="#">Miller Park (Yankee Stadium in video):</a>						
<a href="#">Nets work</a>						
<b>CATCHERS:</b>						
<a href="#">Drills: Pitcher - catcher drill sets</a>						
<b>INFIELDERS &amp; OUTFIELDERS</b>						
Glovework - KNEES / FEET / THROWING (You won't be able to stretch out beyond about 70-80 feet, BUT you can still work 1-hops						
						from a shorter distance AND substitute different arm angles when throwing and throwing on the run, forward, left and right)
<a href="#">IF sequences (we will do a version of this most days): The "Big 5" Must Know Infield Drills - By Coach Mongero - Winning Baseball</a>						
<a href="#">OF sequences (you can do these without a ball or throw it to yourself in a parking lot/driveway/pavement): OF glove work - GROUND BALLS, OF footwork-flyballs-wall work</a>						