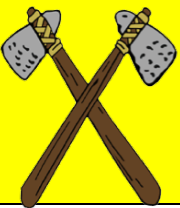


VAR + J-V			TOMAHAWK BASEBALL PRACTICE	
(-minus):10	Classroom session		TEMPLATE w/Daily skills	
:00	GYMR (various)		INDOORS	
:05	BAND WORK-PREHAB (B3)			
	BLOOD FLOW (B1)			
	BALL HANDLING (B2)	BOX 1		BOX 2
:20	Throwing Program (B5)	OPTIONS:		OPTIONS:
:35	IF / OF (indy+tactic) (B8)	1. controlled jump (from 1B) + jump leads (from 2B)		1. circle drills // tennis ball drills
:55	P's & C's work (B4)	2. leads vs. P (include blind DBRs)		2. box drills // frisbees - tennis balls w/agility ladders
	Non Ps & C's=hitting warmup (B6)	3. Blind leads + return to bases		3. rundowns (teach inside / use on gamedays)
1:15	Hitting circuit (B7)			
	P's & C's = hitting warmup (B6)	BOX 3		BOX 4
	P's & C's = bullpens (as needed)	NON Pitchers:		PITCHERS:
2:00-2:15	PICK UP / FINISH	1. Jaeger band series (x2 from single/dual arm sets)		1. Movement pattern drills
		2. carioca + progressive sprint series		2. PFPs
		UPON COMPLETION - Arm circles (FULL SQUAD)		CATCHERS:
	BOX 7	PITCHERS:		1. Receiving
N tunnel=less than 2K		1. Cycle day exercises (1 from each series)		2. Blocking
S tunnel=2Ks /breaking ball ID/Larkin		2. Crossover Symmetry work		3. Throwing - PFPs w/P's - other pos. specific
Sock net 1=indy drills		BOX 5		BOX 6
Sock net 2=split tee (timing / K ID / swingrail)		Follow throwing protocol from warmup document (use curtains)		Dry swings (reverse 1/2 swings//load-phase 1 holds)
Bunting = off lite flight, to targets		Linked HERE		(10 of each)
Velocity = velo bats/med ball work		BOX 8		Whiffle ball swings (sets of 4; 3-1/2 swings+1 normal,
Vision=small balls (catch & hit)/tennis balls/pitch ID/vision charts		Infield sequence		2-1/2 swings+2 normal, 1-1/2 swing+3 normal)
Baserunning = w/sliding pads vs P (returns & into base)		Outfield sequence		
Live vs. P's=in long tunnel / use short tunnel as well		Position tactics (various by day)		