

			TOMAHAWK BASEBALL PRACTICE	
:00	GYMR		TEMPLATE w/Daily skills	
:05	BAND WORK-PREHAB (B3)		OUTDOORS	
	BLOOD FLOW (B1)			
	BALL HANDLING (B2)			
:20	Baserunning (B6)	BOX 1		BOX 2
:35	Throwing Program (B4)	OPTIONS:		OPTIONS:
:50	IF / OF (indy+tactic) (B5)	1. controlled jump (from 1B) + jump leads (from 2B)		1. circle drills
1:05	1% time (B8)	2. leads vs. P (include blind DBRs)		2. box drills
1:20	Hatchet BP	3. Blind leads + return to bases		3. rundowns
	Combo Drills (offense-			
	-baserunning-hitting)	BOX 3		BOX 4
	Team / group competition	NON Pitchers:		Follow throwing protocol from warmup document
	P / C work (B7)	1. Jaeger band series		Linked HERE
2:10 - 2:20	FINISH (pick up + field work)	2. carioca + progressive sprint series (no. 4 on left)		
		UPON COMPLETION - Arm circles (FULL SQUAD)		BOX 6
BOX 7		PITCHERS:		CHOOSE FROM:
Hatched B-P setup / etc.		1. Cycle day exercises (1 from each series)		1. 2-line
Team games (pgs 1 & 2)		2. Crossover Symmetry work		2. TCU
Alternative live setups		BOX 5		3. 4-station leads-holds-picks-jumps (vs. P's & C's)
Pitcher / Catcher PFPs - P's who need live work		Infield sequence		4. 4-station bunt - baserunning leads/jumps
will throw sequences		Outfield sequence		BOX 8
2-out game		Position tactics (various by day)		Player choice - what will help ensure you get 1%
NOTE: Combo drills that include few/no player				better TODAY? You choose the drill(s) to do & let a
swings WILL include Hitting Circuit swings				coach know if you need help
Bunt game				