

Month:		December									
Sess.1	Skill	# Drills/Exerc.	Sets	Reps	Sess.5	Skill	# Drills/Exerc.	Sets	Reps	Coaches Notes	
1	Mob	#11 Plank Series - Hip Rolls	3	10	1	Mob	#31 Catcher Flow 1. Warm up/cool down.	3	1		
2		#12 Plank Series - Hip Abductor Side Hold	4	35 s.	2		#16 4-Way Leg Raises	3	10		
3		#14 Hip Abductor Strength. Scissor Taps	4	20	3		#15 Hip Flexor Tuck	3	10		
4	Rec	<b>#18 Intro and talk. Mindset. Manipulate.</b>	1		4	Rec	#22 BH Toss w/ Base sway. Combine base/mitt	3	8		
5		#19 Bucket touch receiving. Stick and hold	3	8	5		#23 Live pitch w/base sway. Combine base w/mitt	3	8		
6		#20 Bucket touch receiving. Slide, sweep or gath	3	8	6		#40 Opposite edge miss. FB	3	8		
7		#21 Hand Load Bucket touch. 1KD. Slide or gathe	3	8	7		#16 DB Forearm extension (Throttles).	4	20		
Sess.2	Skill	# Drills/Exerc.	Sets	Reps	Sess.6	Skill	# Drills/Exerc.	Sets	Reps	Coaches Notes	
1	Agl	#1 Skater Jumps with hops	4	8	1	Agl	#18 Duck Walks	4	1		
2		#2 Secondary Stance to 90 Degree jump	4	8	2		#19 Bear Crawls	4	1		
3		#27 4-cone agility	4	1	3		#22 Circle the Cone Drill (5, 10, 15)	4	1		
4	Blk	#18 Tri's or Triangles. Lateral range (HHECK)	3	30 s	4	Blk	#16 Max Placement BLKS. Place ball directionally	3	6		
5		#26 D.B. Multi-ball Recovery. Impact awareness	3	4	5		#24 Cadence BLK. Use momtm off shins.	2	4		
6		#28 2-strike offspeed reaction....	3	4	6		#25 D.B. w/timed recovery (control & qkness)	3	4		
					7		#33 Live Block-Times. S/Watch.	3	4		
Sess.3	Skill	# Drills/Exerc.	Sets	Reps	Sess.7	Skill	# Drills/Exerc.	Sets	Reps	Coaches Notes	
1	A-Care	#44 Arm-Care Flow 2 (shoulder, low/high ext)	3	1	1	A-Care	#40 Prone swimmer	3	12		
2		#39 Scap Pull-ups	3	10	2		#41 Prone Pastors	3	12		
3		#38 Scap Push-ups	3	10	3		#43 Arm-Care Flow 1	3	1		
4	Thr	#11 Lt. Knee, Hip Roll Vary: BH	3	6	4	Thr	#8 Specific P.Loc. transfers 4 quadrants.	4	4		
5		#14 (Jab step) Rhythm Toss. To launch pos.	3	6	5		#9 Partnered Qk hands.	4	15 s		
6		#16 1/2 sq. 4-corner catch. Step to catch.	4	6	6		#17 Live, Timing Reps. Vary distance and velo.	4	4		
					7		#38 Target time throwing. Pace control/feel	3	4		
Sess.4	Skill	# Drills/Exerc.	Sets	Reps	Sess.8	Skill	# Drills/Exerc.	Sets	Reps	Coaches Notes	
1	Mob/Hip	#4 Wide Stance Rockers	3	20 s.	1	A-Care	#26 12, 1, 2 O'clock Rebounders. (plyo ball)	3	40		
2		#6 Hip Capsule Circles (each glute)	2	20 s.	2		#37 Bear Crawl variations (up/back, left/right)	3	1		
3		#7 Glute Stretch. (each glute)	2	20 s.	3		#23 Side Lying Upward Toss. (plyo ball)	3	14		
4	Spec. Pl	<b># 20-Bunt Pop Intro-</b>	1		4	Spec.	<b>#1 Intro to Pop ups</b>	1			
5		# 21- 1st step Programing. Cone spec.	4	3	5		#2 Preset Fly Balls	4	3		
6		# 22- Range finder Cone spec. w/ball.	4	3	6		#3 R.M.B. (dry work)	4	3		