

Month:		January									
Sess.1	Skill	# Drills/Exerc.	Sets	Reps	Sess.5	Skill	# Drills/Exerc.	Sets	Reps	Coaches Notes	
1	Mob	#37 90/90 Strength Flow	3	3	1	Mob	#13 Plank Series - Hip Adductor Side Plank	3	30s.		
2		#23 Back Foot Up	3	10s.	2		#18 Modified 90-90 Bridge	3	10		
3		#17 Straight Leg Hip Flexor Hold	3	10	3		#27 Ankle Ledge Raise (3 way)				
4	Rec	#25 Shade drill. Get around pitches w/ body	4	10	4	Rec	17#17 B-Hand Hvy ball throwback	4	14		
5		#26 1 o'clock tech. Thumb up w/ quarter wrist turn.	4	10	5		#32 Flexion to extension vs. extension to flexion.	1	1		
6		#29 1/4 turn short hop	4	10	6		#37 Up the ramp (med ball push)	4	8		
7		#30 1/4 Turn Vertical slide	4	10	7		#41 Elevated CB miss	4	8		
Sess.2	Skill	# Drills/Exerc.	Sets	Reps	Sess.6	Skill	# Drills/Exerc.	Sets	Reps	Coaches Notes	
1	Agl	#4 Two Foot Hourglass	4	25s.	1	Agl	#19 Bear Crawls	3	1		
2		#5 One Foot Hour Glass	4	25s.	2		#15 Salsa	3	1		
3		#6 Double Foot Front to Back	4	25s.	3		#14 Secondary Icky Shuffle	3	1		
4	Blk	#40 One Hop Drill. Control, Kill, Blk accuracy	4	4	4	Blk	#2 Preset BLKS (E.C.K)	3	6		
5		#15 Side hop Block w/recovery, proximity, place	4	4	5		#8 Gor. Lob Blks. Center the block (H.H.E.C)	3	6		
6		#32 Live D.B. 5/10/5 BLKS Focus over fatigue.	3	1	6		#13 1/4 turn BLKS w/proximity.	3	4		
					7		#27 Live D.B. drop 3rd strike. Throwing lane.	3	4		
Sess.3	Skill	# Drills/Exerc.	Sets	Reps	Sess.7	Skill	# Drills/Exerc.	Sets	Reps	Coaches Notes	
1	A-Care	#10 Internal Rotation Flow	4	2	1	A-Care	#30 Rev. Fly	3	20		
2		#18 I.Y.T's (Bent over, lying or prone) 6's	4	3	2		#31 Diagnol PA	3	20		
3		#19 Prone Black-Burns (press)	4	12	3		#45 Arm-Care Flow 3	3	2		
4	Thr	#26 Hop-back or triangle hops (fungo)	4	4	4	Thr	Throwing pregame routine	1	1		
5		# 5 B.H. Rhythm Toss. Rt. Knee Down	4	4	5		#20 Ft. Work Alignment Rings. Positive step.	4	3		
6		#15 Shuffle Drill. Sync hands and feet.	4	2	6		#23 3-pitch sequence.	4	3		
					7		#19 Vary stances. Rhythm throwing. F.H.S	3	2		
Sess.4	Skill	# Drills/Exerc.	Sets	Reps	Sess.8	Skill	# Drills/Exerc.	Sets	Reps	Coaches Notes	
1	Mob/Hip	#36 90/90 Mobility Flow 3	2	2	1	A-Care	#9 Standing R.E.P's (row, external rot, press)	3	12		
2		#28 Toes Up Walk	3	40yds	2		#20 Hammer Throws	3	12		
3		#24 Ankle Pressure Stretch	3	10s	3	Tags	#6 Stopper Step. Ball Rolls	3	4		
4	Stance	#1 Mastering the set up	1	1	4		#7 Lateral Footwork Flips	3	4		
5		#2 Four Goals of stances & set ups	1	1	5		#12 Tag Zone Posture Check*. Vary throw.	3	4		
6		#6 Advanced stances (single knee)	1	1	6		#24 Lateral Direction Reads. Live reads.	3	4		