

Month: March														
Sess.1	Skill	# Drills/Exerc.	Sets	Reps	Sess.5	Skill	# Drills/Exerc.	Sets	Reps	Coaches Notes				
1	Mob	#1 90/90 Swivels	3	6	1	Mob	#31 Catcher Flow 1. Warm up/cool down.	3	1					
2		#26 Ankle Ledge Stretch	3	15s.	2		#11 Plank Series - Hip Rolls	3	40s					
3		#28 Toes Up Walk	3	1	3		#12 Plank Series - Hip Abductor Side Hold	3	40s					
4	Rec	#1 BH Golf Wiffles (pocket awareness)	4	10	4	Rec	Receiving Intro	1	1					
5		#3 BH Fine Focus (Foam balls)	4	10	5		#12 BH Decline Hvy ball toss. Strength	4	10					
6		#6 BH Frisbee Horizontal Glove Posture	4	10	6		#7 BH Frisbee Vertical w/ quarter turn	4	10					
7		#8 Receiving walk-ups	4	6	7		#36 Live CB Target w/Hand load. Machine	4	10					
Sess.2	Skill	# Drills/Exerc.	Sets	Reps	Sess.6	Skill	# Drills/Exerc.	Sets	Reps	Coaches Notes				
1	Agl	#30 (J. Rope) 2 Foot, front to back.	2	1m	1	Agl	#39 Box Up and Over	3	30s					
2		#31 (J. Rope) 2 Foot, side to side.	2	1m	2		#40 Box Step Up with Knee Drive	3	10					
3		#33 Single foot, 3- box drill	2	1m	3		#41 Box Drop to Vertical Jump	3	4					
4	Blk	Blocking intro	1	1	4	Blk	#3 Preset BLKS...BIG position.	3	6					
5		#10 5-Hole Drill	4	6	5		#38 Preset Yadi Drill. Mask touch	3	6					
6		#19 Roll blocks. Lateral movement w/Center	4	6	6		#29 2-ball recovery drill	3	6					
7		#9 Gor. Multi-directional Lob Blks.	4	6	7		#31 Come and get'em. Execution	2	1					
Sess.3	Skill	# Drills/Exerc.	Sets	Reps	Sess.7	Skill	# Drills/Exerc.	Sets	Reps	Coaches Notes				
1	A-Care	#32 Behind the head PA	3	40	1	A-Care	#22 Upward Toss. (plyo ball)	4	30s					
2		#33 No-money. External Rotation PA	3	40	2		#24 Reverse Throws. (plyo ball)	4	10					
3		#44 Arm-Care Flow 2	3	1	3		#25 Prone Hand Circles. (plyo ball)	4	10					
4	Thr	#36 Launch position to throw	3	12	4	Thr	#21 Lower 1/2 Sequence: Stride/drive/rotate	3	6					
5		#37 High Pocket Path. Tap right peck.	3	12	5		#24 Load and throw drill	3	6					
6		#22 Step-away drill	3	12	6		#18 Pitchouts. (RH and LH reps)	2	4					
					7		#39 Ball in glove, Blind throw	2	4					
Sess.4	Skill	# Drills/Exerc.	Sets	Reps	Sess.8	Skill	# Drills/Exerc.	Sets	Reps	Coaches Notes				
1	BuntPop	#23 Cone specific-Sprinkler Vision	3	4	1	A-Care	#11 External Rotation Flow	3	12					
2		#24 Area Specific- Sprinkler Vision	3	4	2		#12 Bent-over hand circles	3	12					
3		#25 Max range. Guts and glory (random cone)	3	4	3	Spec.	#15 T.Play Component #3 Glove skills	1	1					
4	B-Picks	#44 Aggressive Rakes	3	3	4		#17 Gl. Skill Press (Extens.). Focus sh hops.	3	8					
5		#47 B-pick lower half drive slides	3	3	5		#18 Gl. Skill Give (Flexion). In between hops	3	8					
6		#48 Full Back-pick w/throw	3	3	6		#19 Gl. Skill Back-hands. Multi hops	3	8					
7		#49 Back-pick w/Pitch recognition	3	3	7		#20 Hop Reads (Press or Give)	3	8					

