



Weekly Workout Plan

Week 1

- Hitting Basics
- Infield – ground ball fielding basics
- Outfield basics
- Base running – hard through first base & banana out base hit, 1st base leads, steal jumps and secondary leads

Week 2

- Sacrifice Bunting
- Hitting
- Infield fielding rhythm
- Outfield angles
- Base running - leads @ 2nd, stealing-pitcher looks & timing

Week 3

- Sacrifice Bunting
- Hitting
- Infield fielding rhythm
- Outfield angles
- Base running – leads @ 1st & 2nd, reading ball in dirt

Week 4

- Proper Arm Care & Long Toss (Phase 1)
- Base Hit Bunting
- Hitting
- Infield – short hops with tag & turning two second base
- Outfield fly ball communication
- Base running – leads @ 3rd vs. stretch and windup

Week 5

- Long Toss (Phase 2)
- Base Hit Bunting
- Situational Hitting
- Infield – turning two shortstop
- Outfield ball in gap communication
- Base running – going from 1st to 3rd with base coach or reading hit, going from 2nd to home with base coach

Week 6

- Long Toss (Phase 3)
- Situational Bunting
- Situational Hitting
- Infield – cutoffs and relays, positioning and execution
- Outfield – do-or-die (crow hops), finding cutoff and throwing through cutoff
- Base running – @ 3rd, fly ball-tag up, ground ball go