



## SEQUENTIAL TRAINING

### WEEK 11 – APPROACH AND EXTREMES IN VELOCITY

#### **Tee Drills**

Hitting Position Drill (Choose 1 for your team, or individualize)

- Stride / Separation
- Feet Together
- Forced Hand Movement

Tempo Drill (Choose 1 for your team, or individualize)

- Pitcher's Knee Lift
- Feet Together Slo Mo
- Regular Stance and Stride Slo Mo
- Take / Hit Tee

Heel Plant Series (Choose 1 for your team, or individualize)

- Two Heels Down, Full Turn
- Heel Up / Heel Down (Can add verbal)
- High Tee Posture Adjustment

Sequencing Drills (Choose 1 for your team, or individualize)

- Stride / Pinch Drill
- Continuous Pinch
- Golfer Drill
- Mental – Knee then Hands Tee

#### **Toss Drills**

- Zone Toss (Hitter's Count)
- Spoil Toss (2 Strike Count)
- Spoil/Reward Toss
- Extreme Toss (Extremely Hard or Soft)

## **BP Rounds**

- 1 Strike Approach
- Hitter's Count
- Spoil BP
- Spoil / Reward BP
- 2 Strike Approach Running Count (Start 0-2)
- Extreme BP (Extremely Hard or Soft)