****

**SEQUENTIAL TRAINING**

**WEEK 2 - TEMPO**

**Individualized Movement Prep – 10 Minutes**

**Dry Drills**

Dry Load / Stride (For younger hitters or as needed)

PVC Series

**Tee Drills**

Stride / Separation

Pitcher’s Knee Lift

Dry feet together slow mo

Feet Together – Slo Mo

Regular Stance and Stride – Slo Mo

Take / Hit Tee Drill

**Toss Drills**

Change Up Toss

Take / Hit Change Up