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**SEQUENTIAL TRAINING**

**WEEK 5 – SEQUENCING**

**Individualized Movement Prep – 10 minutes**

PVC Progression

**Tee Drills**

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

-Stride Pause / Stride Hit

-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)

Posture Drills (Choose 1 for your team. Or individualize)

-Check Swing Tee

-Low or High Tee (Choose the weaker area)

Whip / Sequencing Drills

-Stride – Pinch / Stride – Hit

-Continuous Pinch

-Vladdy Drill

-Golfer Drill

-Throw Back / Throw Through

-Continuous Swing Drill

**Front Toss Drills**

-Check Swing Turn

-Toss w Intent

-Hit/Take Toss

-Front Toss Change Up

-Fastball / Change Up Alternating