****

**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