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**SEQUENTIAL TRAINING**

**WEEK 6 – SLOTTING AND HAND PATH**

**Individualized Movement Prep – 10 minutes**

PVC Progression (This is my favorite for slotting and path issues)

**Dry Drills**

-Dry Scap Load

-Dry Slotting

**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)

-Front Side Overload/Retract

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

-Two Tee Drill

-High Tee

-Low Tee

-Check Swing Turns

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

-Stride / Pinch Drill

-Continuous Pinch

- Golfer Drill

**Toss Drills**

-Check Swing Turn Up and In

-Toss w Intent

-Fastball / Change Alternating