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**SEQUENTIAL TRAINING**

**WEEKS 8-10 PITCH RECOGNITION, BREAKING BALL HITTING AND BP ROUTINE**

**Individualized Movement Prep – 10 Minutes**

**PVC Series Drills**

**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 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**

 -In / Out Verbal (w younger hitters)

 -Fast / Change Verbal (w younger hitters)

 -In / Out Toss

 -Fast / Change Toss

 -Hard In / Soft Away Toss

 -Tear Drop Toss

 -Excessive Velocity

**Live**

-Straight BP (Vary Speed Each Set)

-Breaking Ball Progression