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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