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**SEQUENTIAL TRAINING**

**WEEK 12 – SITUATIONAL HITTING**

**Individualized Movement Prep – 10 Minutes**

**PVC Series**

**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

Check Swing Turn

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**

-Zone Toss

-Excessive Velocity

-Tear Drop

-Firm Toss Overhand

**Live**

-Situational Hitting Rounds

-Hit and Run

-Get Him Over

-Get Him In (Infield Back)

-Get Him In (Infield In)

-Runner on 2nd – Base hit Round (Swing Decision for Getting “Right” Pitch

-Lightning Round