

**SEQUENTIAL TRAINING**

**WEEK 3 – POSTURE**

**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

-Arms folded turns to tee

-Check swing Top / Mid / Low

-Alternating Check Swing Top and Low

-Check swing Command Drill

-Check Swing / Full Swing to target w PVC

-Check Swing Top of Zone Turns

-High Tee

-Low Tee

-Two Tee Drill

**Front Toss**

-Change Up Toss

-Hit / Take Toss

-Front Toss Check Swing Up and In

-Front Toss Full Swing Top of Zone

-Alternate Top and Bottom of Zone

**Video**

-Film Hitters on Hitting Position