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**SEQUENTIAL TRAINING**

**WEEK 4 – LOWER BODY MECHANICS**

**Individualized Movement Prep – 10 Minutes**

Full 10-Step PVC Progression

**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 Tee

-Two Tee Drill

-Post Stride – Overload/Retract

-Heel Plant Series

-Two Heels Down, Full Turn

-Heel Up / Heel Down (Can add verbal)

-Protect the Hip (Tee or Toss)

-Kick Through Drill

**Front Toss**

-Check Swing Turns

-Change Up Toss

-Hit / Take Toss

-Post Stride, Full Turn Toss (As needed)

-Regular Front Toss Middle