****

**SEQUENTIAL TRAINING**

**WEEK 7 - CONTACT POINTS AND TIMING**

**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)

-Front Side Overload/Retract

Posture Drill (Choose 1 for your team, or individualize)

-Two Tee Drill

-High Tee

-Low Tee

-Check Swing Turns

Sequencing and Path Drills (Choose 1 for your team, or individualize)

 -Check Swing to Contact

 -Stride / Pinch Drill

 -Continuous Pinch

 -Golfer Drill

Long Tunnel Contact Points - Tee or Toss

-Middle

-Out

-In

**Toss Drills**

-Check Swing Turns

-Fast / Change Toss

-In / Out Toss

-Excessive Velocity

**Live**

-Live BP – Vary Speed Each Set