



Week 1 Day 2

A bolt of lightning is five times hotter than the sun.

Goal _____

Workout

- 10 minutes of mobility work
- 15- Kneeling with pitching leg forward - 1 fake and then pitch-
<https://vimeo.com/475089898/b1288a2f4a>
 - Focus on feeling the ball roll off of your fingertips
- 16- full circle with feet- Mix one fast and one change-
<https://vimeo.com/468913795>
- 12- Front foot stationary- <https://vimeo.com/489375855/96764fb5e3>
- 12- Layup drill- <https://vimeo.com/489382703/ccef6ce798>
- 12 Bounce x 3 and pitch- <https://vimeo.com/490378743/9e425989ca>
- 12- Drive straight out- <https://vimeo.com/489380240/cc4c434117>
- 12 Full fastballs
- **Hit spots to move on (replace fastballs with pitch appropriate for locations if you throw other pitches)- Go through 3 times!**
- Fast 0/2 in
- Change 0/2 out
- Fast 0/2 out
- Change 0/2 in
- Fast low and in called strike
- Change low and out called strike

“Even if you’re on the right track, you’ll get run over if you just sit there.” Will

Rogers