



Week 1 Day 2- Net Workout

The female hummingbird builds the world's smallest birds nest (approximately 1.5 inches in diameter, around the size of a walnut!). She weaves it from spiderwebs which allows it to expand as the chicks grow.

Goal _____

Workout

- Mobility Warm up
- 12-Kneeling- Pitching knee forward- <https://vimeo.com/475089898/b1288a2f4a>
 - Feel ball roll off fingers
- 12- Up and Down- <https://vimeo.com/474638681/48b5b61227>
- 12- Step through- <https://vimeo.com/490381898/bcada2676e>
 - If you have a half circle put it under your front foot for this drill today to work on going shoelaces down
- 10- Med balls from kneeling- Drive AS HARD as you can- <https://vimeo.com/470131479/d6af366fc5>
- 10- 3 Bounce drill- <https://vimeo.com/490378743/9e425989ca>
- 10- Triangle drill- <https://vimeo.com/489801626/7e6ed6f3d7>
- 20 Alternate one full fastball and one dry pitch (full fake pitch without a ball)
 - On the fake one focus on one thing you have been working on and then carry it over to your full pitch
- 20 pitches- I knocked the ball off the tee _____ times out of 20
 - Set up tee low and in and low and out
 - It doesn't matter how much space you have
- 10 Kneeling $\frac{1}{2}$ distance
 - Full circle
 - Either roll a drop ball in or throw a change
- 10 $\frac{3}{4}$ distance- Feet stay still just work on arm
 - Full circle
 - Either roll a drop ball in or throw a change
- 10 Stop in K- for either drop or change
- 10 either drop or change

“An obstacle is often a stepping stone.” Prescott