



## Week 3 Day 2- Inside/Mirror

Only half of the dolphin's brain goes to sleep when asleep and the other half stays awake

Goal\_\_\_\_\_

### Workout

- Mobility Warm up
- **This workout isn't meant to be done with a catcher- so use whatever is appropriate for the space you have**
  - **Ball into net, tennis ball into wall, sock ball into wall**
- 5 minutes with a sock ball- slow into mirror watching arm path, snap, and release of ball
  - Either kneeling or standing
- 12 Kneeling with 3 arm circles
  - This isn't meant to be a speed drill but a drill to work on being fluid
- **For the next 4 drills I want the focus to be on leg drive, drag, and finish**
- 15 on beam ( if you don't have a beam use a line on the floor)  
<https://vimeo.com/485424229/1570773cd8>
  - Keep back foot on the beam
- 12 With water bottle beside foot-<https://vimeo.com/495260392/8e8e958a46>
- 12 with towel in front of foot-<https://vimeo.com/495261737/278bcfc6c3>
- 12 Stop in K- finish pitch- <https://vimeo.com/468909187>
- **For the next section hold a real ball- do not throw it!! And work on either change up or a pitch you have been working on for 5 minutes into the mirror**
  - I know mirror stuff is pretty boring, but you can learn so much about "feel" when you can see yourself do the motion
- 5 more min working on spin, arm path and whip of that same pitch into net or wall
- 2 sets of 10- Sprint backpedal, pick up ball and pitch-  
<https://vimeo.com/495073743/0747d1b4aa>

**"Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending." Carl Bard**