



## Week 4 Day 2

The Earth's core is as hot as the surface of the sun.

Goal\_\_\_\_\_

### Workout

- Mobility Warm up
- Spins of all the pitches you know
- 10- Up and down- <https://vimeo.com/474638681/48b5b61227>
- 12- Pitching leg forward- step through-  
<https://vimeo.com/475089898/b1288a2f4a>
- 12- Triangle- <https://vimeo.com/489801626/7e6ed6f3d7>
- 12- Full fastballs
- 12- Change- Stop in K and then finish pitch- <https://vimeo.com/468909187>
- 3 sets of 5 spots across- Hit spot to move on
  - Fast in 0/2, Change called strike in, middle, change called strike out, Fast out 0/2
  - Next set is opposite
  - Last set- pick your pitches
- 10 pitches of “crazy targets”
  - The idea behind this is that you should be able to throw the ball wherever you want it to go
  - You will either set up a tee or your catcher will give you targets that are not strikes and you have to hit the spot
  - You have to hit 10 to move on
- Finish 5 batters with first pitch strike
  - If the first pitch isn't a strike you still have to finish the count, but it doesn't count towards the 5 batters
- 10 - Sprint to cone- <https://vimeo.com/495073743/0747d1b4aa>

**“What you want exists. Don't settle until you get it.” Jay Shetty**