



Week 2 Day 2

One million Earths could fit inside the sun

Goal _____

Workout

- Mobility work
- 15 overhead with PVC pipe- <https://vimeo.com/485244174/dc8acf9d56>
 - Working on hip rotation
- 15 Back knee on wall- <https://vimeo.com/475065425/34514d3a84>
- 20-1/2 speed walkthroughs 3/4 distance- mix 2 fast and two change
 - Imagine you are “playing catch” underhand— <https://vimeo.com/468515097>
- 12- Triangle drill- <https://vimeo.com/489801626/7e6ed6f3d7>
- 12- Jump over string- <https://vimeo.com/490378743/9e425989ca>
- 12- Jump backs- <https://vimeo.com/485259670/ea3277d214>
- 12 Full fastballs
- Count Work
 - 3 pitches for each count and then finish the count to walk or strike out 2 times
 - So, you will throw 3 pitches where you would want a 1-2 pitch to go- talk about the situation in the game and what kind of batter is up. So for instance we want an 0-2 pitch to be a tempting pitch for the hitter not always a called strike and we want a 0-0 pitch to be a called strike.
 - Then you will finish the count out 2 times
 - 1-2
 - 3-0
 - 2-1
 - 2-0
 - 1-1
 - 0-0
- 10 min of mirror work
 - Grab socks balled up and watch yourself “pitch” in the mirror. Each pitch watch a different part of the pitch such as take off, back leg, arm whip. You can even do drills in the mirror to check on follow through and finish!

“The great thing in this world is not so much where you stand, as in what direction you are moving.”

– Oliver Wendell Holmes