



Week 1 Day 1

If Michael Phelps were a country, he'd rank No. 35 on the all-time Olympic gold medal list, ahead of 97 nations.

Goal_____

Workout

- Mobility warm up
- 15 with towel on bucket for whip -<https://vimeo.com/475097805/4e3133e5e7>
- 10 kneeling snaps for fastball-<https://vimeo.com/475089898/b1288a2f4a>
 - Righties have right knee forward
- 12 easy walk throughs- <https://vimeo.com/468515097>
 - start close and slow and work back to in front of the mound
- 12 walk throughs- mix all your pitches
 - Behind the mound
 - 110% don't worry about location
- 12 kneel $\frac{3}{4}$ distance from catcher-<https://vimeo.com/468519865>
- 15 good quality fastballs
 - No specific location just make them feel good
- 3 times 5 spots across**** HIT SPOT TO MOVE ON ****MIX UP BREAKING PITCHES IF YOU THROW THEM- DIFFERENT PITCH IN EACH SPOT
 - In 0/2
 - In called strike
 - Middle
 - Out called strike
 - Out 0/2
- 20 pitches- Mix pitches is you have them
 - Set up a tee on the low and in and low and out- with a softball on it
 - See how many times you can knock the softball off the tee
 - How many times did I hit the softball _____?
- 3 Batters
 - If you walk her it doesn't count and it has to be redone

"If you have the power to make someone happy, do it. The world needs more of that."