



Week 3 Day 1

"E" is the most common letter and appears in 11 percent of all english words.

Goal_____

Workout

- Mobility warm-up
- 10 Up and down then throw- <https://vimeo.com/474638681/48b5b61227>
- 7 spins of each pitch you throw with a baseball
- 10 kneeling with med ball- <https://vimeo.com/470131479/d6af366fc5>
- 10 pre-motion with med ball- <https://vimeo.com/470134876/f9427b4380>
- 10 switch feet with a lunge- <https://vimeo.com/470144304/296014dba0>
- 10 Stop in K- Step and hinge-<https://vimeo.com/470147233/746a83acef>
- 15 full fastballs
 - Focus on power
 - As HARD as you can pitch
- 16 pitches- ***Hit spot to move on
 - Choose what pitches you want to work on
 - Mix ANY pitch INSIDE
 - Change OUTSIDE
 - ANY pitch UP AND IN (think 0-2- so head high)
 - Change out 0/2
- 5 Batters
 - If not first pitch strike- finish count but that batter doesn't count towards the 5 batters and it has to be redone
 - How many batters did I have to do to get 5 with first pitch strike_____

Life has two rules, #1- Never quit #2- Remember rule #1