

- I. Devos / Talk 11:00 am
- II. Bands and Stretch 11:05 am
- III. Play Catch 11:25 am

I am a young Warrior in Christ! I will daily put on my spiritual armor and walk in the protection of my heavenly father, Loving him with all my heart, mind and soul!

<b>BASERUNNING</b>	
<input type="checkbox"/> Primary to Secondary (1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> )	<input type="checkbox"/> Home to 1 <sup>st</sup> (straight thru, break down go 2, Rice
<input type="checkbox"/> Steal of 2 <sup>nd</sup> - LHP, RHP, 1 <sup>st</sup> Imp, VCHS	<input type="checkbox"/> Steal of 3 <sup>rd</sup> -LHP, RHP, Head Looks, VCHS
<input type="checkbox"/> Ball in Dirt	<input type="checkbox"/>
<input type="checkbox"/> 1 <sup>st</sup> and 3 <sup>rd</sup> ; Delay	<input type="checkbox"/> Brewer Drill
<input type="checkbox"/> 1 <sup>st</sup> and 3 <sup>rd</sup> ; Clemson	<input type="checkbox"/> 3 Stations (Home, 1 <sup>st</sup> and 2 <sup>nd</sup> )
<input type="checkbox"/>	<input type="checkbox"/> Picks and Jumps
<input type="checkbox"/> Hitter: CIRB: Coach,Infield,Runner,Box	<input type="checkbox"/>
<input type="checkbox"/> Base Runner: Cop: Coach,Outfield,Pitcher	<input type="checkbox"/>

<b>Picks (P/C)</b>		
<input type="checkbox"/> 2 Station Picks to 1st	<input type="checkbox"/> 3 Station Wheel Picks	<input checked="" type="checkbox"/> 3 Station Picks to 1 <sup>st</sup> and 2 <sup>nd</sup>

<b>Run Downs</b>		
<input type="checkbox"/> 1 Throw Run Downs	<input checked="" type="checkbox"/> 3 Pitchers pick to Run Down	<input type="checkbox"/> During 1 and Thirds

**DEFENSE**

<b>OUTFIELD</b>
<input checked="" type="checkbox"/> Catch everything! Nothing Falls! Get to the ball quickly, stay behind the ball in a good throwing position!
<input checked="" type="checkbox"/> Line your body parts up to hit your cut off man in the chest or make an accurate one hop throw!
<input checked="" type="checkbox"/> Make a strong throw! Long hop no hop throws!

<b>INFIELD</b>
<input type="checkbox"/> Perfect Triangles! Feet, hands, eyes! Stay loose and relaxed!! Be Creative and smooth!!
<input checked="" type="checkbox"/> Go get the baseball, be Athletic.... use your glove!! Good feet and hands find the best hop.
<input checked="" type="checkbox"/> Hands to your chest, separate thumbs down, thumb through your arm pit and Play perfect fast catch!

<b>PITCHERS</b>
<input checked="" type="checkbox"/> Field your position! Be athletic! Understand you are an infielder once you throw the pitch. Play good fast catch.
<input checked="" type="checkbox"/> Vary looks and timing on all picks. Quick hands and good feet! Compete with: Location, Change Speeds, Movement, Tempo!!
<input checked="" type="checkbox"/> Bull Pens: All Pitchers.. Coach Vart will have a plan.

<b>CATCHERS</b>
<input checked="" type="checkbox"/> Receive / Block / Throw Work from low to high and funnel pitches back into the strike zone!
<input checked="" type="checkbox"/> Pre-pitch and be under control of both mind and body!
<input checked="" type="checkbox"/> Toughest and smartest guy on the field!

**Pre-game**

<b>OUTFIELD</b>		
<input type="checkbox"/> 3 toss drill	<input type="checkbox"/> Pass Patterns	<input type="checkbox"/> Find the Fence
<input type="checkbox"/> Drop Step	<input type="checkbox"/> Straight Back	<input type="checkbox"/> Angles to Groundballs
<input type="checkbox"/> Drop Step Linedrives	<input type="checkbox"/> Groundballs Nobody On	<input type="checkbox"/> Flyball Crow-push
<input type="checkbox"/> Drop Step Head Turn	<input type="checkbox"/> Groundballs Do or Die	<input type="checkbox"/> Belly to the Ball
<input type="checkbox"/> Frontroll	<input type="checkbox"/> Ground Balls in Gap Priority	<input type="checkbox"/> Off the Fence Groundballs
<input type="checkbox"/> Pitching machine Fly Balls	<input type="checkbox"/> Bucket Balls	<input type="checkbox"/> Run downs

**Outfielders: Get your FBs in during BP**

<b>INFIELD</b>		
<input type="checkbox"/> Forehand Short Hops	<input type="checkbox"/> Forehand High Hops	<input type="checkbox"/> Hi Hop-Slow Roll-On Run
<input type="checkbox"/> Pop Ups	<input type="checkbox"/> Rhythm Steps	<input type="checkbox"/> Tags
<input type="checkbox"/> Short Hops	<input type="checkbox"/> Backhands	<input type="checkbox"/> Backhand Short Hops
<input type="checkbox"/> High Hop – Short Hops	<input type="checkbox"/> Slow Rollers	<input type="checkbox"/> Short hop picks
<input type="checkbox"/> Scramble – Paddles	<input type="checkbox"/> Scramble – Small Gloves	<input type="checkbox"/> 2 Fungo
<input type="checkbox"/> <b>Timed Throwing</b>	<input type="checkbox"/> Throwing Game	<input type="checkbox"/> 21
<input type="checkbox"/> Box Drill	<input type="checkbox"/> GB's with Machines	<input type="checkbox"/> PFP's

**Infielders: Get your GBs in during BP**

<b>PITCHERS</b>		
<input type="checkbox"/> Towel Drill	<input type="checkbox"/> Board Work	<input type="checkbox"/> Bunt Coverage's
<input type="checkbox"/> Pick-Offs	<input type="checkbox"/> Point-and-Directs	<input type="checkbox"/> Dry-run Mechanics
<input type="checkbox"/> Holding Runners	<input type="checkbox"/> PFP's	<input type="checkbox"/> Bull Pens / Flat Grounds

<b>CATCHERS</b>		
<input type="checkbox"/> Pitching machine	<input type="checkbox"/> Tennis/Whiffle Ball-Sock	<input type="checkbox"/> Blocking to sides
<input type="checkbox"/> 3 ball drill	<input type="checkbox"/> Block and Recover	<input type="checkbox"/> Glove Framing
<input type="checkbox"/> Full Blocking	<input type="checkbox"/> Quick feet	<input type="checkbox"/> Mirror Drill
<input type="checkbox"/> Pop-up drills	<input type="checkbox"/> Quick throwing footwork	<input type="checkbox"/> Bull Pens / Flat Grounds

**Pop-up P's**

<b>OUTFIELD SITCH: COMPETE!! Two Teams</b>		
<input checked="" type="checkbox"/> Cuts and Relays; Cut hold	<input checked="" type="checkbox"/> Cuts and Relays; Redirect	<input checked="" type="checkbox"/> Cuts and Relays; Throw outs
<input type="checkbox"/> <b>Timed Throws to Bases</b>	<input type="checkbox"/> <b>Full Team Check Steps</b>	<input type="checkbox"/> 2 Ball
<b>INFIELD SITCH: COMPETE!! Two Teams</b>		
<input checked="" type="checkbox"/> No one on	<input checked="" type="checkbox"/> Runner on 1st	<input checked="" type="checkbox"/> Runner on 2nd
<input checked="" type="checkbox"/> Runner on 1 <sup>st</sup> and 2 <sup>nd</sup> ; Corners	<input checked="" type="checkbox"/> Runner on 1 <sup>st</sup> and 2 <sup>nd</sup> ; 3's	<input checked="" type="checkbox"/> Runner on 1 <sup>st</sup> and 3 <sup>rd</sup>
<input checked="" type="checkbox"/> Runner on 3 <sup>rd</sup>	<input checked="" type="checkbox"/> Loaded; Corners	<input checked="" type="checkbox"/> Loaded; infield in
<input type="checkbox"/> <b>Timed Plays</b>	<input type="checkbox"/> 9 situations	<input type="checkbox"/> 21 Outs
<b>BUNT DEFENSE COMPETE!! Two Teams</b>		
<input checked="" type="checkbox"/> Runner on 1st	<input checked="" type="checkbox"/> Runner on 2nd	<input checked="" type="checkbox"/> Runner on 1 <sup>st</sup> and 2nd
<input type="checkbox"/> Street Monkey	<input type="checkbox"/> PFP's	<input checked="" type="checkbox"/> Wheel <b>with picks</b>
<b>1st and 3rd:</b>		
<input checked="" type="checkbox"/> One	<input checked="" type="checkbox"/> Two Yellow	<input checked="" type="checkbox"/> Two Green
<input checked="" type="checkbox"/> Cut	<input checked="" type="checkbox"/> Three	<input type="checkbox"/> End in Run Down

Bunting	
<input type="checkbox"/>	Sac 1
<input type="checkbox"/>	Sac 3 <b>Work Drag, Push and sac 3.</b>
<input type="checkbox"/>	Push Sac <b>0 Strikes=down the line</b>
<input type="checkbox"/>	Push for a Hit <b>1 Strike = 45 to line</b>
<input type="checkbox"/>	Push for a Run <b>2 Strikes= get it down</b>
<input type="checkbox"/>	Drag Sac
<input type="checkbox"/>	Drag for a Hit
<input type="checkbox"/>	Home and 2 <sup>nd</sup>
<input type="checkbox"/>	3 Corner bunts, Work to make your best bunt.
<input type="checkbox"/>	10 of Each
<input checked="" type="checkbox"/>	10 of Sac 1, Sac 3, Push, Drag, 5:00 Min
<input type="checkbox"/>	5 in a row Select, Select, Select, Select
<input type="checkbox"/>	Bunt Game vs the Machine

**BP Expectations: Points**

**Get your bunt down first.**

**Hit and Run:** contact hard on the ground

**Slash:** Hard on the ground

**Power Groundball:** Off middle infielder to oppo

**Oppo Gap:** Hunting Doubles in oppo Gap to oppo line.

**Gap to Gap:** Hunting Doubles and Dropping Bombs!

**Hitting Competition**

-10 Hit and Run before 3 outs in a row.

-10 Score the runner from 3<sup>rd</sup> before 5 total fails.

-10 Stingers before 5 outs in a row

**OFFENSE BATTING PRACTICE**

LIVE		CAGES	
1	<input type="checkbox"/> Hit and Run      # Hacks <b>Push</b>	<input type="checkbox"/>	Heavy Bag
1	<input type="checkbox"/> Slash      # Hacks	<input type="checkbox"/>	Heavy Balls Select <b>Mix weighted balls</b>
2	<input type="checkbox"/> Line drive up the mid.      # Hacks <b>Push for a Run</b>	<input type="checkbox"/>	Hack Attack Select <b>Work AB's</b>
	<input type="checkbox"/> Hard Groundballs      # Hacks	<input type="checkbox"/>	Med Ball Toss
	<input type="checkbox"/> Line drive up the mid.# Hacks	<input type="checkbox"/>	Over HandFront Flip: Select      Select
	<input type="checkbox"/> Score Runner from 3rd #Hacks	<input type="checkbox"/>	Tee:FB/Change up
	<input type="checkbox"/> Stinger LD Up Mid.      # Hacks	<input type="checkbox"/>	Iron Mike: <b>Line Drive to the back net.</b>
	<input type="checkbox"/> Oppo Gaps      # Hacks	<input type="checkbox"/>	Whiffles:
4	<input type="checkbox"/> 2K P      # Hacks <b>Drag</b>	<input type="checkbox"/>	Live Mixed Pitches
3	<input type="checkbox"/> Best Swing      # Hacks <b>Sac1+Sac 3</b>	<input type="checkbox"/>	Toss <b>Pitch Recognition 7 Balls</b>
	<input type="checkbox"/> Coach Pablo      # Hacks	<input type="checkbox"/>	Toss <b>Pitch Recognition up and Down</b>
	<input type="checkbox"/> <b>Double BP</b>	<input type="checkbox"/>	Hack Jr <b>Best Swing!</b>
		<input type="checkbox"/>	Hack Jr. <b>4 Rounds</b>
		<input type="checkbox"/>	Thundersticks      small whiffs

**HITTING GROUPS**

1	2	3	4	5	6
Ortiz	Kettelsen	Mamea	Solis	Mull	PO Kasanagottu
Hadfield	Moutzouridis	Najar	Hanna	Pauka	PO Laubach
Flynn	Vong	Cabanas	Salazar	Navarez	PO Buck
Cunningham	Q. Marsh	Alegria	Zelmer	Choi	PO Medrano
					POSubramanian
<b>Cage</b>	<b>Cage</b>	<b>Live</b>	<b>Shag</b>	<b>Shag</b>	PO Patel, Ra

. 1. Live 2. Shag 3. Shag 4. Cage 5. Cage

PO Kim  
PO Felix  
PO Zelmer

**ELITE WARRIORS:**

**The Best of the Best Know what they want and they go get it!**

**Hard Hat: Leave it better then when you arrived...**

Team Goals: (Constructing Significance for Eternity

\*Pursuing our dreams and ambitions while daily enhancing our God given gifts, talents and abilities!\*

Know who we are as a TEAM!!

1. A desire to serve God and others! (Team First)
2. Extreme Hustle and Relentless Work Ethic!
3. Mental and Physical Toughness! Accountability!
4. Disciplined Process! (Habits and Rituals)
5. Effective Leadership makes a Difference!
6. A desire to be set apart! (24/7/365)(7/42/250)
7. Work Hard! Compete!! Lead!! The Warrior Way!

Effective Leadership: When your best players work the hardest and are the best models of the team Culture!!!

**Personal Goals:** Be on Mission! Compete!! Production!!!

**Verse for the Week:** Be strong and courageous. Do not be afraid; do not be discouraged for the LORD your God will be with you wherever you go. Joshua 1:9 "Finally, be strong in the Lord and in the strength of his might." Ephesians 6:10

**Focus, Concentration and Determination.... Make the Moment Matter!!! TEAM FIRST!! Elite Preparation!! Production over Potential!!**

*\*Baseball is a game of repetition! Stay focused on the Process and take care of your Habits and Rituals! It is also and unpredictable game! No one rep. is ever the same and every play is different! We need to prepare at game speed making every rep matter!!*

## Offensive/Defensive Situations

1: Ortiz -C	1: Mamea- C
2: Q. Marsh-1B	2: Najar/Solis-1B
3: Choi-2B	3: Moutzouridis-2B
4: Cunningham-3B	4: Cabanas-3B
5: Hadfield-SS	5: Salazar-SS
6: Navarez-DH	6: -DH
7: Zelmer-RF	7: Vong-RF
8: Pauka-CF	8: Hanna-CF
9: Mull/Flynn-LF	9: Flynn-LF
10:	10:
11.	11:
12:	12: