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| **6 Tool Instructions** - Record throws, defensive work sessions, swings, number; of workouts, and IQ minutes on the card. Bring it to weekly team practice. Have coach review and initial it | | |
| **Throwing** | 1 | Throw everyday with a target, 20 throws is enough to get started, record the number of throws for that day. Baseball practices and games count. |
| | 2 | Listen to your arm, if it is sore, rest. Arms tend to get sore when we don't use them then throw a lot or throw hard. |
| | 3 | Start close (eg 35 ft) increase distances by 5 ft up to 120 ft. As your arm strengthens you may find that you can increase the distance. |
| | 4 | As the distance reaches your throwing capacity, limit reps to five. The goal is to get the ball to the target, rainbow throws are acceptable. |
| | 5 | After reaching your max distance, begin shortening the distance in 10 ft increments |
| | 6 | As the distance decreases, increase throwing intensity (eg. velocity should increase). Throw with as little arc as possible while hitting the target. |
| | 7 | Arm care, use J-bands before and after each session, focus on two movements elevated external rotation and lower external rotation. |
| **Defense** | 1 | The objective of the defense is to get outs and prevent runs from scoring. Defense is a blend of indidivual skills and teamwork. |
| | 2 | Playing games and drill work that work on your hand-eye, and hand-eye-feet coordination will make you a better individual defensive player |
| | 3 | Working with hands, pancake and fielding gloves will help build hand-eye coordination. Start from your knees, work up to your feet. |
| | 4 | If you don't have a partner, find a wall or if you have a rebounder, you can work backhand, middle, and forehand drills. |
| | 5 | If you have a partner you can add grounders, they can be thrown or hit |
| | 6 | Working on transfering the ball from your receiving hand to throwing hand and getting into the power position will be critical to beating the runner |
| | 7 | You can add in throwing, it can be into a net or to a partner. Record a 1 if you worked on individual defensive drills for that day. |
| **Offense** | 1 | Hit everyday, at least off a tee into a net. 30 swings is a good start. Record the number of swings per day |
| Hitting | 2 | If you can, use a home plate, position the tee around the plate and at different heights to simulate different pitches and timing |
| Baserunning | 3 | If you can, work within a batter's box, it helps us learn to position ourselves relative to the strikezone |
| | 4 | Try to hit balls straight up the middle on an upward trajectory (eg. line drives) |
| | 5 | Practice direction hitting, pulling (to your dominant side) and pushing (opposite field) hitting. |
| | 6 | If you are able, side, flip, and front toss can help with timing and making good contact |
| | 7 | A good hitting session should be tiring. When warm, practice at 90-95% effort. Swing as hard as you can while making contact. |
| | 8 | Baserunning plays - review at least 1 play per day |
| **Strength and Conditioning** | 1 | Being bigger, faster, and stronger will make you a better athlete and baseball player |
| | 2 | Workout programs can be complex, we will start simply |
| | 3 | Three sets of as many bodyweight squats, pushups, and situps you can do, every other day, is a great start. |
| | 4 | Nutrition - you need to eat enough to fuel your growing body with protein at every meal. You need to fuel every workout. |
| | 5 | Sleep - Your age group should be getting 9 hours minimum |
| | 6 | Enter a 1 in the sheet if you worked out that day. If you play another sport, days that you practice, play a game, or workout for that sport count |
| **Baseball IQ** | 1 | Go to one of the following websites or apps or use your team defense packet |
| | 2 | Go to the website, enter the user name and password. https://inmotionplaybooks.com/member-login/ UN: seth@drxlabs.co PW: 11UThunder2025! |
| | 3 | Download app: https://thinkingbaseball.com/ |
| | 4 | Download app: https://basiqs.com/ |
| | 5 | Defensive play packet - Review at least 1 play per day. |
| | 6 | Spend a minimum of 5 mins daily going through different situations, such that you could write down from memory what to do for each position. |

| 2025 | M | Tu | W | Th | F | Sa | Su | M | Tu | W | Th | F | Sa | Su | M | Tu | W | Th | F | Sa | Su | M | Tu | W | Th | F | Sa | Su | M | Tu | W | Th | F | Sa | Su | M | Total | Checked by |
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| **February** | | | | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | | | | | SDC 2/23 |
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| **March** | | | | | | 1 | ✓ | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | | — SDC 3/2 |
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| **April** | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | | | | | | |
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| **May** | | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | | | | |
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| **August** | | | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | | | | |
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| **September** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | | | | | | | |
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| **October** | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | | | | |
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| **November** | | | | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | | | | |
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