- Heavy Ball Catches
- Reverse Throws
- Heavy Ball Throws

Potentiate - slow ramp up of weight

-
-
- **Defense**
  - **Throw - all**
    - Four seam flicks
    - Throwing progression (Houston Astros Youth manual)

Position 1: ONE KNEE THROWING *– 3 Count steps (glove knee up)*
1 = Ball in glove at chest.
2 = Ball four-seam grip, throwing elbow high above shoulder, wrist turned out with loose wrist, glove pointed towards target's chest.
3 = Throw the ball, pull glove to chest, and follow through with throwing elbow over glove side knee.

- ***Position 2: ONE KNEE THROWING*** *– No count; continue same technique has position one*

1 = Ball in glove at chest.
2 = Ball four-seam grip, throwing elbow high above shoulder, wrist turned out with loose wrist, glove pointed towards target's chest.
3 = Throw the ball, pull glove to chest, and follow through with throwing elbow over glove side knee.

- ***Position 3: SQUARED THROWING*** *- Standing legs spread, feet/toes pointing towards target, no step*

1 = Ball in glove at chest.
2 = Ball four-seam grip, throwing elbow high above shoulder, wrist turned out with loose wrist, glove pointed towards target's chest.
3 = Throw the ball, pull glove to chest, and follow through with throwing elbow over glove side knee.

- ***Position 4: POWER THROWING*** *- Standing, legs separated, feet/toes pointing inside with throwing arm behind you, no step*

1 = Ball in glove at chest.
2 = Ball four-seam grip, throwing elbow high above shoulder, wrist turned out with loose wrist, glove pointed towards target's chest.
3 = Throw the ball, pull glove to chest, and follow through with throwing elbow over glove side knee.

- ***Position 5: CROSSOVER THROWIN****G – Regular throwing and catching with proper feet technique*

Standing facing partner, take step forward with throwing arm foot, crossover with opposite foot. While stepping go through throwing technique with upper body: point at target, lift arm elbow above shoulder, four-seam grip, wrist turned out, throw while pulling glove to the chest, all one fluid/constant motion.

    - Getting around the ball

SDC-2026-10-0207 · scan 10/14 · 6/31

Long Toss *(~10 min)*

- First 50' are focused on core and arm strength
- Second 50' are focused on accuracy
- Third 50' are focused on distance
- Slow walk progression back to partner ending in speed toss.

Gen def

Pitching rotate with coach catching, 20 pitches

Xavier, Lincoln, Cole, Sam, Riley,
Jonah, Daniel, Dylan, Andrew
Owen, Beckett

Catching; owen and beckett, standard sequence

stances
signals
glove position
receiving
framing
receiving and preparing to throw
blocking
block and recover
throws
footwork
received and throw
to 2nd
to 3rd
to 1st
pop ups
bunts
home to 1st double play
uncaught 3rd strike
plays at the plate
wild pitch
past balls with throws

SDC-2026-10-0208 · scan 10/14 · 7/31

Apr 17, 2025

1. Arrive
2. **Warmup**

   TEAM ARRIVAL

   Intent- *Provides time to account for the entire team to arrive for practice. Allows time to socialize in a baseball drill setting. This is the time to talk and be with the team.*

   Location- *Takes place along right field line*

   Coach- *Player led*

   Arrival Drills

   Pepper (3-man teams)

3. **Warmup 2**
   a. Bands
   b. Jog
   c. Dynamic stretch with limited static stretch (upper body)
4. **Defense**
   a. **Throw - all**
      i. Four seam flicks
      ii. Throwing progression (Houston Astros Youth manual)

   Position 1: ONE KNEE THROWING *– 3 Count steps (glove knee up)*

   1 = Ball in glove at chest.

   2 = Ball four-seam grip, throwing elbow high above shoulder, wrist turned out with loose wrist, glove pointed towards target's chest.

   3 = Throw the ball, pull glove to chest, and follow through with throwing elbow over glove side knee.

   • ***Position 2: ONE KNEE THROWING*** *– No count; continue same technique has position one*

   1 = Ball in glove at chest.

   2 = Ball four-seam grip, throwing elbow high above shoulder, wrist turned out with loose wrist, glove pointed towards target's chest.

   3 = Throw the ball, pull glove to chest, and follow through with throwing elbow over glove side knee.

   • ***Position 3: SQUARED THROWING*** *- Standing legs spread, feet/toes pointing towards target, no step*

   1 = Ball in glove at chest.

   2 = Ball four-seam grip, throwing elbow high above shoulder, wrist turned out with loose wrist, glove pointed towards target's chest.

   3 = Throw the ball, pull glove to chest, and follow through with throwing elbow over glove side knee.

   • ***Position 4: POWER THROWING*** *- Standing, legs separated, feet/toes pointing inside with throwing arm behind you, no step*

   1 = Ball in glove at chest.

   2 = Ball four-seam grip, throwing elbow high above shoulder, wrist turned out with loose wrist, glove pointed towards target's chest.

   3 = Throw the ball, pull glove to chest, and follow through with throwing elbow over glove

side knee.

• ***Position 5: CROSSOVER THROWING*** *– Regular throwing and catching with proper feet technique*

Standing facing partner, take step forward with throwing arm foot, crossover with opposite foot. While stepping go through throwing technique with upper body: point at target, lift arm elbow above shoulder, four-seam grip, wrist turned out, throw while pulling glove to the chest, all one fluid/constant motion.

iii. Getting around the ball

1. Transfers - all
2. Bare hands knees with hat
3. Glove knees hat
4. *Fielding Position – Players simulates throwing from the position they play*

Outfielders throw from ground ball fielding position – glove leg forward, glove on ground in front of glove leg with ball in glove, bring ball to throwing hand while "crow hopping"/ crossing throwing arm leg forward and "hopping"/gaining momentum forward, throwing toward partner, and following through until ball reaches target.

Outfielders throw from fly ball position simulating outfield "working through" a fly ball and throwing to cut off man – same steps as ground position.

Infielders throw from ground ball fielding position – ball in glove and glove on ground in front simulating fielding a ground ball, player brings ball to throwing hand, crosses legs over moving toward partner, throws ball and follows through until ball reaches target.

Pitching - all
- Windup vs set
- Balks
- Throwing to third
- Bullpen (not beckett)
  - Owen beckett catch
  - Lincoln lincoln catch
  - Daniel - coach catch
  - Riley - coach catch
  - cole- coach catch
  - sam- coach catch

Catching - Owen, Beckett, Lincoln (1 coach)
- Stances
- Signals
- Receiving
- framing
- Blocking

Blocking and recover
Throws (2nd 3rd 1st)
Pop ups
Plays at the plate
Past balls

Team - Coaches in outfield, 1 fungo
C - owen
P - beckett / Daniel
SS - riley
2B - cole
3B - sam
1B - lincoln

S+C

Medicine ball slams, flips, twists
Power skips
Broad jumps
One leg hops
Bear crawls
Home to 1st, 1st to 3rd, 2nd to home
Burpees
Pushups
Three cone shuttle

Fun

Booming pop flys