

## Annual Drill Schedule

Drills	Pre-Season	In-Season	Summer Season	Off Season
<b>Technique Drills</b>				
Footwork <a href="https://youtu.be/hqnxzPqiRKw">https://youtu.be/hqnxzPqiRKw</a>	3-5 Days per Week	2-3 Days per Week	3-5 Days per Week	3-5 Days per Week
Using Hips <a href="https://youtu.be/VQbCvs0N-H0">https://youtu.be/VQbCvs0N-H0</a>	20-30 Reps	20-30 Reps	20-30 Reps	20-30 Reps
Power Position and Arm Whip <a href="https://youtu.be/2v icuCX1Bg">https://youtu.be/2v icuCX1Bg</a>				
Oversize Ball Toss <a href="https://youtu.be/osTWqn56rn0">https://youtu.be/osTWqn56rn0</a>				
<b>Power Motions</b>				
Load and Explode <a href="https://youtu.be/2HTjWRMFhs">https://youtu.be/2HTjWRMFhs</a>	3 Days per week	0-2 Days per Week	3 Days per week	3-5 Days per Week
Single Leg Kick <a href="https://youtu.be/SYPwQxQIW50">https://youtu.be/SYPwQxQIW50</a>	One Drill Per Power Motion	One Drill Per Power Motion	One Drill Per Power Motion	One Drill Per Power Motion
Lift <a href="https://youtu.be/GPMJKWAve0o">https://youtu.be/GPMJKWAve0o</a>	15-20 Reps or Until Fatigue	10-15 Reps or Until Fatigue	15-20 Reps or Until Fatigue	15-20 Reps or Until Fatigue
Stomp <a href="https://youtu.be/AB4YH9s1WEY">https://youtu.be/AB4YH9s1WEY</a>				
Lunging Pitch <a href="https://youtu.be/Q8ik7rh4DqQ">https://youtu.be/Q8ik7rh4DqQ</a>	Perform at the end of pitching practice	Perform at the end of pitching practice	Perform at the end of pitching practice	Perform at the end of pitching practice
<b>Speed Drills</b>				
Run In's <a href="https://youtu.be/CSVD0ipf7f8">https://youtu.be/CSVD0ipf7f8</a>	2 Days per week	0-1 Days per week	2 Days per week	3 Days per week
Rapid Fire <a href="https://youtu.be/N828 Oz01Uw">https://youtu.be/N828 Oz01Uw</a>	20-30 Reps or Until Fatigue	20-30 Reps or Until Fatigue	20-30 Reps or Until Fatigue	20-30 Reps or Until Fatigue