

CIRCUIT 1

Warm up drills
Walk-through drill
Target Practice

Med ball rotational throws
Frisbee throws
Extension drill

Flamingo Drill
Bat Throws
Finishers/Square Ups

CIRCUIT 2

Warm up drills
Stride to Balance
Double step back drill

Med ball slams
Knee Pinch
Narrow Feet w/ 2 Second Hold

One Knee Drills
Wrist Action
Finishers/Square Ups

CIRCUIT 3

Warm up drills
Stop At Contact
Backside Forward

Quick Hips
Top/Bottom Hand
Hold Your Finish W/ Lunge

Leatherhead
Contact Drill
Finishers/Square Ups

CIRCUIT 4

Warm up drills
Hands Away
Hands In

110 Swings
Net Behind Hitter
Soft toss

Reverse Grip Swings
Dynamite Drill
Finishers/Square Ups

CIRCUIT 5

Warm up drills
Contact Drill
Net behind hitter

Quick hips
Fence Drill
Dynamite Drill

Extension Drill
Solo Toss
Finishers/Square Ups

CIRCUIT 6

Warm up drills
Fence Drill
Tall and Fall

Top, Bottom, & Colored Ball
Lat Stretch
Heavy Bat/Light Bat

Whip Action
Solo Toss
Finishers/Square Ups

CIRCUIT 7

Warm up Drills
Fence drill
Frisbee drill

Walk-through drill
Bat throws
Hands Away

Hands In
Contact Drill
One Knee Drills
Finishers/Square Ups

CIRCUIT 8

Warm up Drills
Med Ball Slams
Med Ball Throws

Stop at Contact
Top/Bottom Hand
Extension Drill

Flamingo
Stride to Balance
Finishers/Square Ups

CIRCUIT 9

Warm up drills
Tall and fall
Whip action

Backside forward
Quick hips
Target Practice

Contact Drill
Walk Through Drill
Finishers/Square Ups

CIRCUIT 10

Warm up drills
Dynamite Drill
Walk Through Drill

Double step back
One Knee Drills
Soft toss

Hands away
Hands in
Finishers/Square Ups

CIRCUIT 11

Warm up drills
Wrist action
Solo Toss

Knee Pinch
Backside Forward
Tall and Fall

Reverse Grip Swings
Top and Bottom Hand
Finishers/Square Ups

CIRCUIT 12

Warm up drills
Hands away
Hands In

Dynamite Drill
Bat Throws
Stride to Balance

Contact Drill
Med Ball Throws
Finishers/Square Ups