



Select Content

Athletic Abilities development

- Agility & coordination
- Strength
- Flexibility
- Balance
- Endurance

Technical maintenance, development, and improvement/perfecting
Introduction of defensive and offensive systems

DEFENSE

Throwing techniques and practice
Short and long distance relays
Defense techniques maintenance and adjustments
Specific work at positions
Introduction to Defense plays
Practicing techniques while simulating play situations

OFFENSE

Hitting techniques development and maintenance

- Free swings
- Swings off a tee
- Swings with a pitching machine
- Swings with a pitcher

Running techniques

Base Running

Slides

Offense strategies