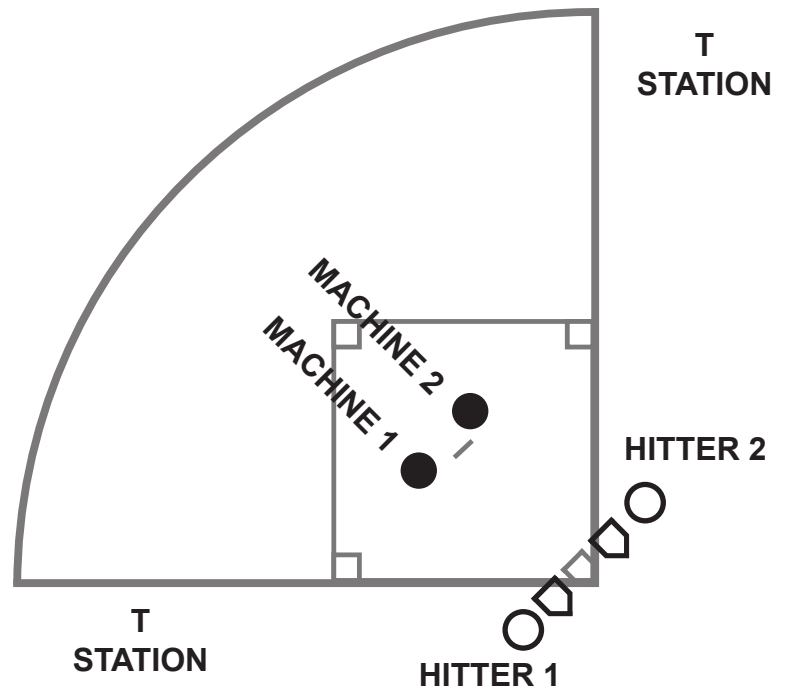


# SESSION 1: OUTFIELDERS/CATCHERS

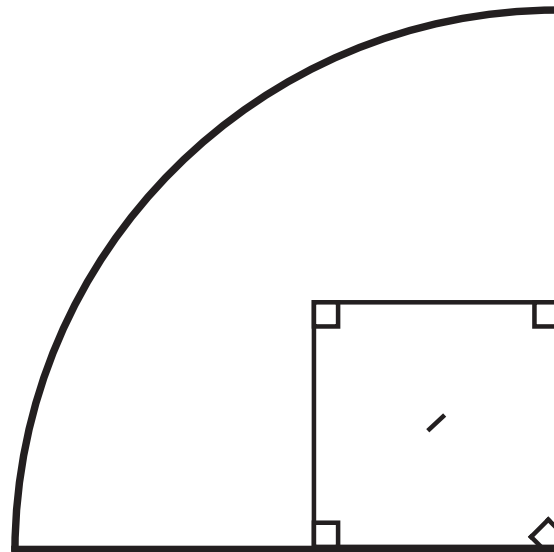
## HITTING FIELD

Pitching machine at 57-58 mph  
Approximately 12-15 cuts each



## OUTFIELD DEFENSE

Drop-step warm-up  
Fielding ground balls, fly balls, gappers  
Hitting cuts  
Over shoulder catches

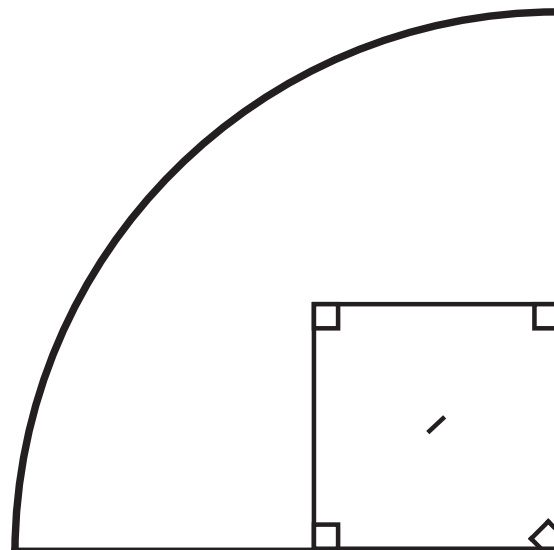


## CATCHER DEFENSE

Pop to Pop  
Pick-offs  
Passed balls  
Bunts  
Pop-ups  
Blocking  
Throwing decisions

### B: 7.5 A Ugi fUVY Testing

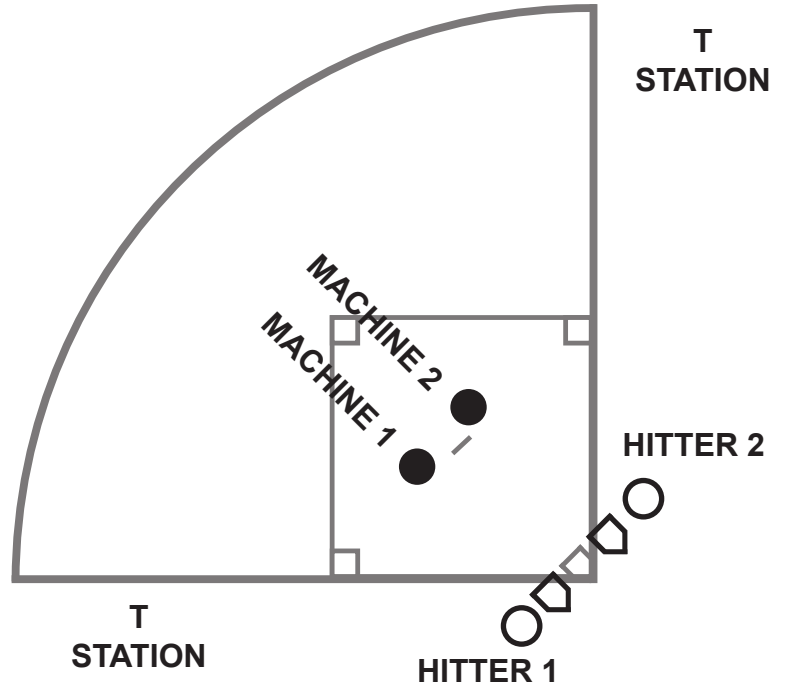
Muscular Strength  
Speed  
Throwing Velocity



# SESSION 2: PITCHERS

## HITTING FIELD

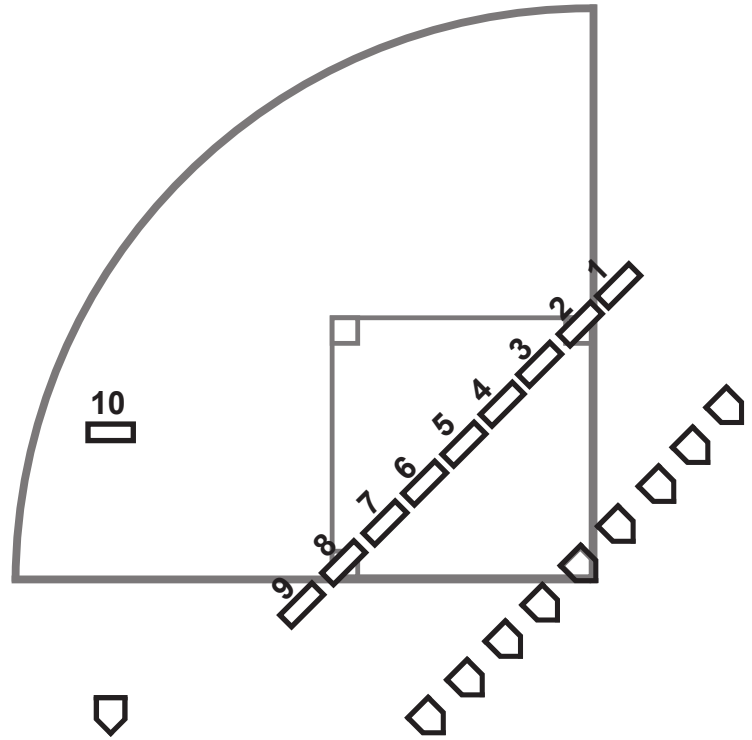
Pitching machine at 57-58 mph  
Approximately 12-15 cuts each



## PITCHING FIELD

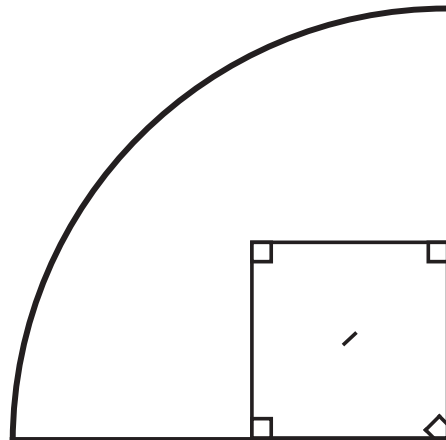
Throw to 10 Targets (43'):

1. Drop
2. RADAR
  - 2 Fast
  - 2 Change
3. Rise
4. Curve
5. RADAR
  - Best pitch x2
6. Screw
7. Drop
8. Curve
9. Rise
10. Revolutions & Speed



## B: 75' A Ugi fUVY Testing

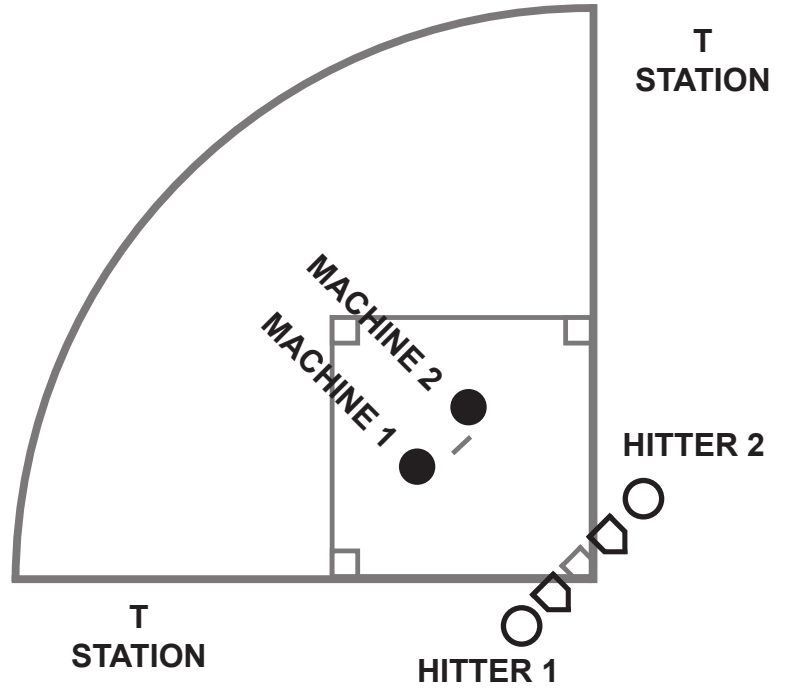
- Agility
- Speed
- Throwing Velocity
- Muscular Strength
- Ball Exit Speed
- Vertical Jump



# SESSION 3: INFIELDFERS

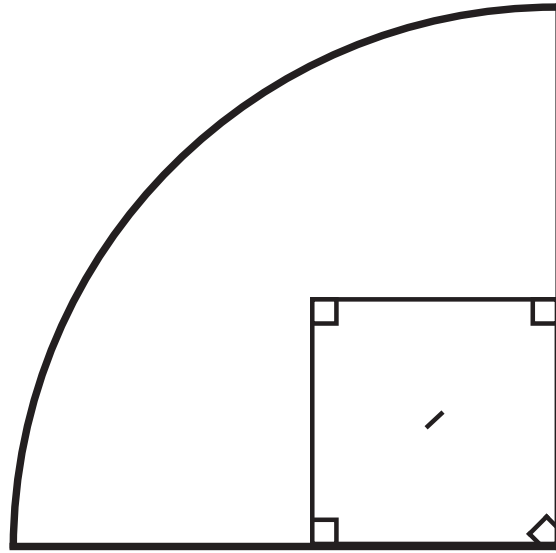
## HITTING FIELD

Pitching machine at 57-58 mph  
Approximately 12-15 cuts each



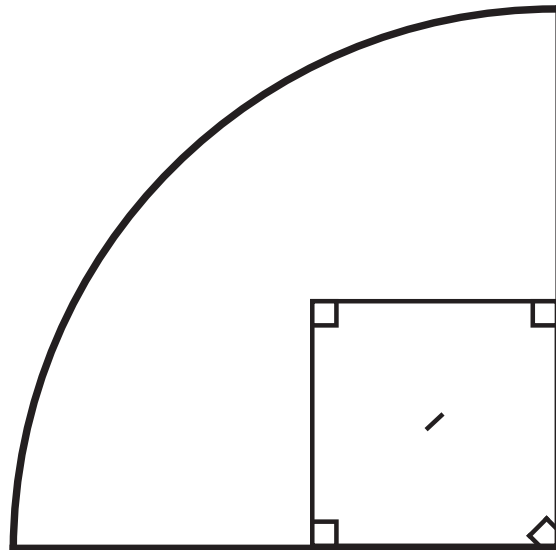
## INFIELD DEFENSE

Ground balls  
Crossfire  
2-hitters & 3-hitters  
Double plays  
Throw-arounds

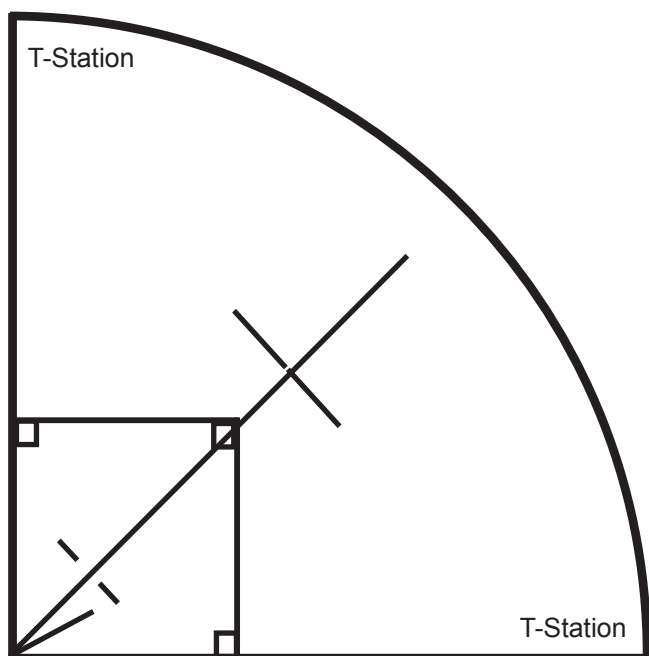


## B: 75' A Yugi fUW'Y Testing

Agility  
Speed  
Throwing Velocity  
Muscular Strength  
Ball Exit Speed  
Vertical Jump



# SESSION 2: PITCHERS



## OFFENSE STATION: HITTING

Pitching Machines' Speed is set at 57-58 mph

### Format:

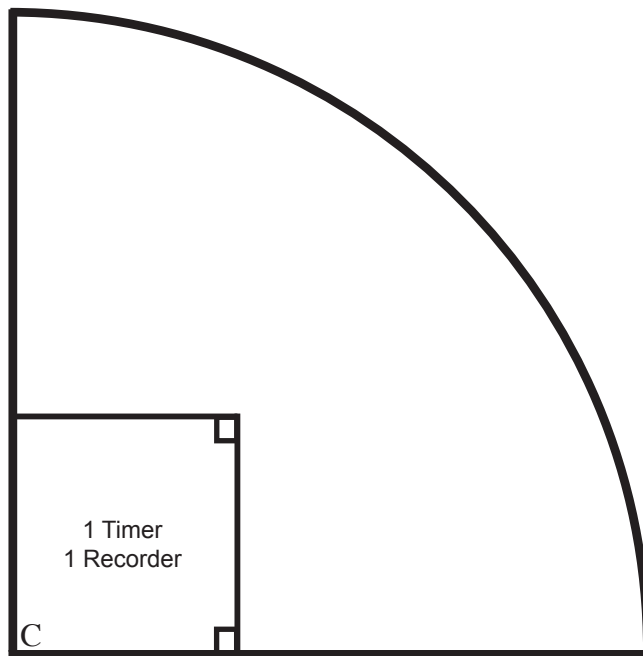
- 2 Bunts
- 10 Pitches to Hit

(Number of cuts will vary depending on number of participants in this session)

## TIMED RUNNING

### Format:

- Time from H to H 2X

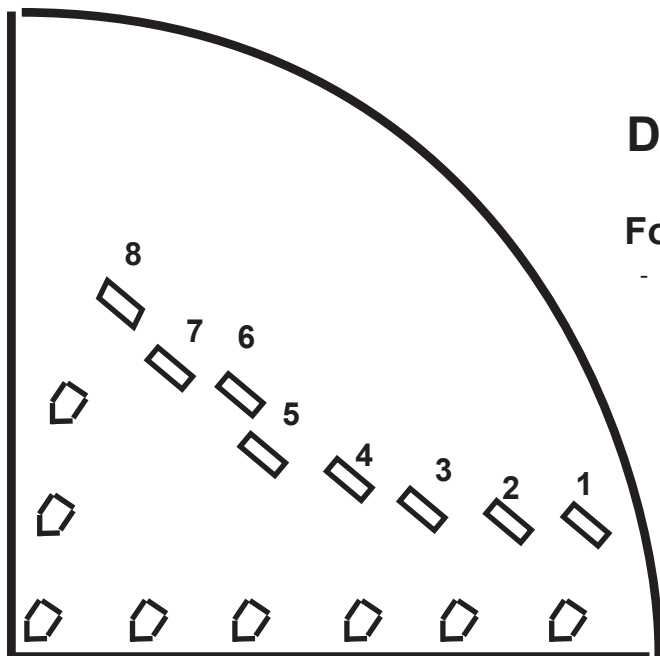


## DEFENSIVE STATION: PITCHERS

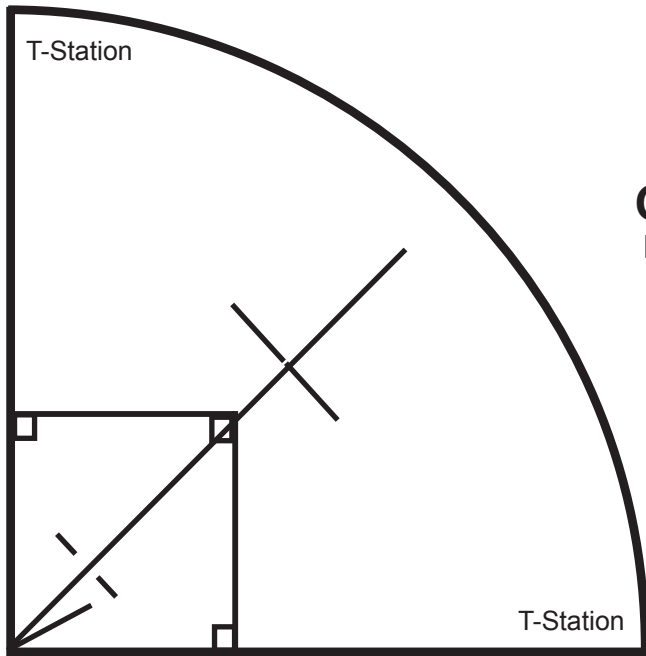
### Format:

- Throw to 8 Targets:
  1. Drop Ball (43')
  2. Rise Ball (43')
  3. Curve Ball (43')
  4. Screw (43')
  5. RADAR (43')
    - 2 Fast Balls
    - 2 Change
  6. Drop Ball (43')
  7. Rise Ball (43')
  8. RADAR (43')
    - 2 Best Pitches 2x

- Keep Pitchers in # Order
- Rotate Clockwise Around
- Note: At #6, record what pitch is being thrown and all speeds. Announce **pitch** before she starts and **best time** after 4th pitch.



# SESSION 3: INFIELDBERS



## OFFENSE STATION: HITTING

Pitching Machines' Speed is set at 57-58 mph

### Format:

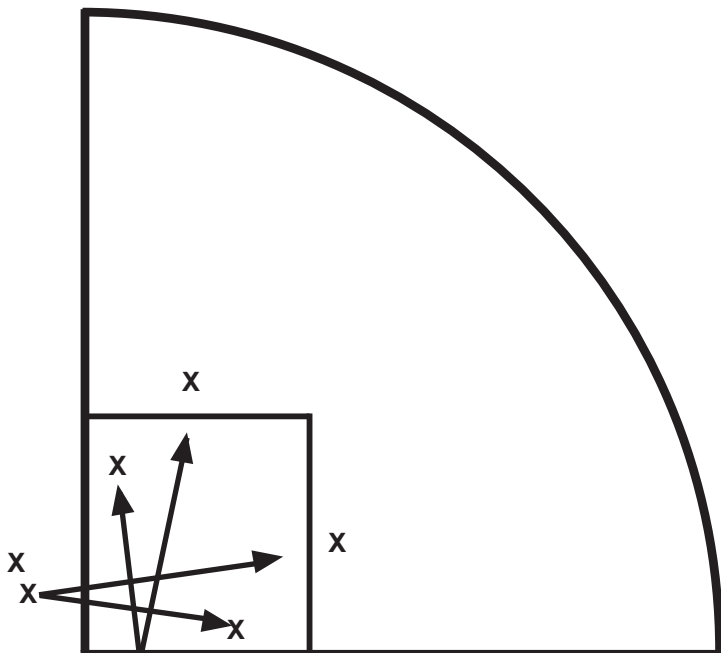
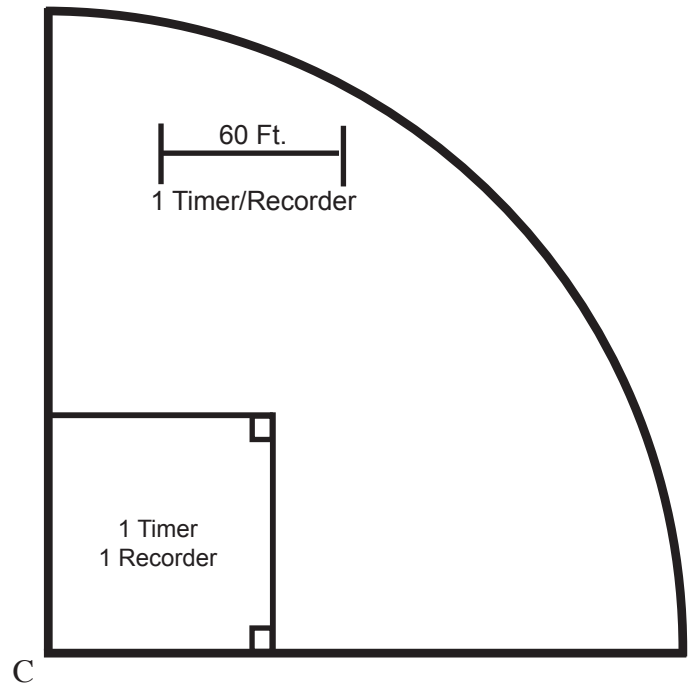
- 2 Bunts
- 10 Pitches to Hit

(Number of cuts will vary depending on number of participants in this session)

## TIMED RUNNING & CLOCKED OVERHAND THROW

### Format:

- Time from H to H 2X
- Clock overhand throw from 60 ft. 2X



## INFIELD DEMONSTRATION

### Format:

- Routine Grounders
- Back Hands, Glove Side
- Dive Balls
- Bunts, DP's, to Bases
- Cross Fire