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**Storm Baseball**

**“The difference between the impossible and the possible lies in a person’s determination” Tommy Lasorda**

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| **Time** | **Group** | **Location** | **Process To League Title (PTLT)** |
| **5:25** | Team***\*Starting Pitcher stretch w/ team*** | Outfield | -Dynamic Warmup: A3-Play Catch (*except for Starting Pitcher*) |
| **5:35** | Team | Outfield | -Developmental Hitting |
| **6:00** | Team | Outfield | -Throwing Program |
| **6:10** | Team***\*Starting Pitcher*** | Outfield | -Arizona Individual Work***\*J-Band Routine*** |
| **6:25** | Team***\*Starting Pitcher*** | Dugout Outfield | -Dugout relax/Hydrate/snack***\*2 Poles (Sprint from gap to gap) & play catch*** |
| **6:45*****6:40*** | Team***\*Starting Pitcher*** | Field | -Infield/Outfield***\*Water break & head to pen @6:40pm*** |
| **6:50** | Team | Outfield | -Base running: 6 sprints: delay on way out w/ flinches, straight steal on way back w/ fakes  |
| **7:00** | Team | Camas | Game time: 1st Pitch |

*(Follow same time line if it were a 4pm game)*

**Conditioning: 4-8 100’ sprints. Under 50 pitches 4 sprints. Over 50 pitches 8 sprints**

**Discussion:**

 **Kids Talk**

 **Coaches talk**