

PIANIFICAZIONE ALLENAMENTI SETTIMANALI

1° allenamento - Giorno/Ora

Attacco	
Difesa	
Lanciatori	
Game Situation	

2° allenamento - Giorno/Ora

Attacco	
Difesa	
Lanciatori	
Game Situation	

3° allenamento - Giorno/Ora

Attacco	
Difesa	
Lanciatori	
Game Situation	

Allenamenti Individuali

Giocatore/i	Giorno/Ora	Lavoro

Lan.				
Ric.				
Int.				
Est.				

Orario	Gruppi	Coach	Lavoro
			Jogging - Stretching - Warm up

ALLENAMENTO DI BATTUTA

	GRUPPO # 1 In Battuta	GRUPPO # 2 In Campo	GRUPPO # 3	GRUPPO # 4
LAVORO				
BATTE				
CORRE				
BORSA				
ON DECK				
.....				
.....				

Ricevitore				
Lanciatore				
Fungo 1a				
Fungo 3a				

ALLENAMENTO IN PALESTRA

WARM-UP <input type="checkbox"/> Jogging.....min. <input type="checkbox"/> Stretching <input type="checkbox"/> Trunk/Abdominal <input type="checkbox"/>				
HITTING <input type="checkbox"/> Toss Drill <input type="checkbox"/> Short Pitch <input type="checkbox"/> Pepper Game <input type="checkbox"/> Batting Tee <input type="checkbox"/>				
PITCHING <input type="checkbox"/> Mechanics <input type="checkbox"/> Chair Drill <input type="checkbox"/> Pick-off <input type="checkbox"/> In & Out <input type="checkbox"/> Stretch Posit. <input type="checkbox"/> Curve Rotation <input type="checkbox"/>				
DEFENSE <input type="checkbox"/> Ground Ball <input type="checkbox"/> Double Play <input type="checkbox"/> Slow Roller <input type="checkbox"/> Run Down <input type="checkbox"/> Catchers Job <input type="checkbox"/> Pick-up <input type="checkbox"/> Tennis vs. wall <input type="checkbox"/>				
BASERUNNING <input type="checkbox"/> At 1 st base <input type="checkbox"/> Stealing <input type="checkbox"/> Sliding <input type="checkbox"/>				
CIRCUIT TRAINING <input type="checkbox"/> Repetitions <input type="checkbox"/> Pliometrics <input type="checkbox"/>				
ALLENAMENTO BATTUTA				
RUNNING <input type="checkbox"/> Jogging min. <input type="checkbox"/> x 60 yds <input type="checkbox"/> x 30 yds <input type="checkbox"/>	1°	2°	3°	4°
Altro <input type="checkbox"/> <input type="checkbox"/>				

HITTING (Live)	HITTING (Tee)	PITCHING
<input type="checkbox"/> Hit the screen (up-middle) <input type="checkbox"/> Low-High Pitches <input type="checkbox"/> Outside-Inside Pitches <input type="checkbox"/> Sacrifice Bunt <input type="checkbox"/> Drag Bunt <input type="checkbox"/> Push Bunt <input type="checkbox"/> Fake Bunt & Slash <input type="checkbox"/> Short (Half) Swing <input type="checkbox"/> Hit & Run <input type="checkbox"/> Count Situation <input type="checkbox"/> Game Situation <input type="checkbox"/> Line Drive (full contact) <input type="checkbox"/> Hit Free <input type="checkbox"/> Squeeze <input type="checkbox"/> Hitting from the Pitcher <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> One Hand Drill <input type="checkbox"/> Inside-Outside-Inside <input type="checkbox"/> Regular <input type="checkbox"/> Fake Bunt & Slash <input type="checkbox"/> Reverse Top Hand Push <input type="checkbox"/> Back-Step & Swing <input type="checkbox"/> Two Hands (hit the target) <input type="checkbox"/> Double Tee - (two balls) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> Arm rotation <input type="checkbox"/> Weighted ball <input type="checkbox"/> Knee drill <input type="checkbox"/> Wrist action <input type="checkbox"/> From knee up <input type="checkbox"/> Bounce long toss <input type="checkbox"/> Breaking ball <input type="checkbox"/> Work the strike zone <input type="checkbox"/> Cross zoning <input type="checkbox"/> L zoning <input type="checkbox"/> In & out <input type="checkbox"/> Hip rotation <input type="checkbox"/> Work the count <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	HITTING (Toss)	
	<input type="checkbox"/> Down-Up-Down <input type="checkbox"/> Load-Stop & Swing <input type="checkbox"/> Weighted Bat <input type="checkbox"/> Stop Drill – Hammer Shot <input type="checkbox"/> From Behind <input type="checkbox"/> Think Outside – Look Inside <input type="checkbox"/> Change up <input type="checkbox"/> Regular <input type="checkbox"/> One Knee Drill <input type="checkbox"/> Drop Drill <input type="checkbox"/> One Hand – Short Bat <input type="checkbox"/> Bat Behind Back (hip rotation) <input type="checkbox"/> Two Balls (Top – Bottom) <input type="checkbox"/> Short (Half) Swing <input type="checkbox"/> Light Bat – Fungo <input type="checkbox"/> Hit the screen – Line Drive <input type="checkbox"/> Swing own – Hit the ground <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
DEFENSE		CATCHING
<input type="checkbox"/> Fungo Rolling <input type="checkbox"/> Football Drill <input type="checkbox"/> Over Head Fly Ball <input type="checkbox"/> Slow Roller (long-short steps) <input type="checkbox"/> Bare Hand (front & back) <input type="checkbox"/> Back Hand <input type="checkbox"/> Short Fly Ball <input type="checkbox"/> Relays <input type="checkbox"/> Run Down <input type="checkbox"/> Pitchers Fielding Practice <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		<input type="checkbox"/> Job Step - Throw to 2nd <input type="checkbox"/> Pitch Out 1 st - 2 nd – 3 rd <input type="checkbox"/> Blocking <input type="checkbox"/> Fielding Bunt <input type="checkbox"/> Throw to 3 rd <input type="checkbox"/> Framing <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Game Situations	Game Situations
<input type="checkbox"/> Hit & Run (3b-1s or 3b-2s count)	<input type="checkbox"/> Two Bases Hit – Runner at 1 st
<input type="checkbox"/> Bunt & Run	<input type="checkbox"/> Runner 3 rd – Infield in/back (no forced)
<input type="checkbox"/> Double Steal – Runner 1 st & 3 rd	<input type="checkbox"/> Runner at 2 nd No outs – Tie Break
<input type="checkbox"/> Drag Bunt – Runner 1 st & 3 rd	<input type="checkbox"/> Two strikes at bat (physical/mental adjustment)
<input type="checkbox"/> Base Hit (Single) – Runner 2 nd	<input type="checkbox"/> Moving runner from 2 nd (no outs)
<input type="checkbox"/> Bunt – Runner 1 st & 2 nd	<input type="checkbox"/> Fly out – Runners 1 st & 3 rd
<input type="checkbox"/> Squeeze – Runner at 3 rd	<input type="checkbox"/> Push Bunt – Runner at 1 st
<input type="checkbox"/> Fake Bunt & Slash	<input type="checkbox"/> Delay Steal – Runner 1 st & 3 rd
<input type="checkbox"/> Bases Loaded – Infield in	<input type="checkbox"/> Bunt – Runner 1 st base – Double Play
<input type="checkbox"/> Runner 3 rd – Bunt - Score after the throw	<input type="checkbox"/> Runner 2 nd – Stealing 3 rd base
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

PITCHING

Mechanics	Control	Rotations	

DEFENSE

<i>Infielders</i>	Outfielders	Pitchers	Catchers

GAME SITUATIONS

#1:	#2:
Offense:	Offense:
Defense:	Defense:

BATTING PRACTICE

LIVE	<input type="checkbox"/> Toss - <input type="checkbox"/> Tee	On Deck	Shagger

BASERUNNING

1 st Base	2 nd Base	3 rd Base