

Arlington Aces Fall 2015 Practice Chart

Player Name:

Player Number:

Week of:

MONDAY—BASEBALL IQ

Watch a baseball game, MLB Network, or one video from Touch 'Em All Baseball (<https://www.youtube.com/user/TouchEmAllBaseball>). List off one or more things you learned about the game below:

PARENT INITIALS:

TUESDAY—HITTING

- 25 “Ping-Pong Swings” – using bare hand or ping pong paddle, take 25 soft-toss “slaps” at a soft ball, trying to go from a high hand position directly out to the ball. Using “top hand” only (left hand for lefties, right for righties).
- 25 “Oppo Swings” – using the bat, either through easy soft toss (side or front) with a soft ball or whiffle ball, or off a tee, take 25 swings attempting to hit hard ground balls or line drives to the opposite field. If you have it, the optimal thing to do is the “two tee drill” for oppo swings.

PARENT INITIALS:

WEDNESDAY—FIELDING

- 5 Minutes of Catch: Easy throws, working on form. Elbow snaps, Skip Throws, Long Toss
- 5 Minutes of Short Hops: Working on Staying in front of the ball, seeing it in the glove, bringing the ball into the body (first baseman work on scoops)
- 5 Minutes of Pop Flies: Judge balls in the air, work on “first step back”

PARENT INITIALS:

THURSDAY—TEAM PRACTICE

PARENT INITIALS:

FRIDAY—STRENGTH

The key to hitting, pitching, catching, and throwing is in the strength and quickness of the hands. Please go to <http://breakingmuscle.com/mobility-recovery/7-exercises-to-maximize-hand-wrist-and-forearm-strength?page=0,1> and do the exercises on this list, starting with a very light weight (could even be a stuffed animal) and gradually increasing based on relative strength. All exercises should take about 15 minutes.

PARENT INITIALS:

SATURDAY—WORK YOUR WEAKNESS

What area do you really want to improve on? Spend 15 minutes working on it. Field grounders or pop-flies. Do the foul ball drill to work on catching up to fast pitching. Do the “Pedro Tap” and work on throwing first strikes. Feel free to consult the coach for suggestions.

WHAT DID YOU DO?

PARENT INITIALS:

SUNDAY—PLAY BALL!