

HITTING PROGRESSION:

***EACH STEP TO BE PERFORMED TWICE, DONE EVERY

OTHER DAY

***REST 1 DAY PRIOR TO PERFORMING SUCCESSIVE STEPS

TEE STAND

*Warm-up with upper body stretching/10 easy swings

STEPS: 1. 50 % effort (20 swings)

2. 50 % effort (2 sets of 15 swings)

3. 65-70 % effort (2 sets of 15 swings)

4. 70-80 % effort (2 sets of 25 swings)

5. 85-90 % effort (2 sets of 30 swings)

SOFT TOSS SWINGS

*Warm-up 10-15 swings using tee stand prior to initiating this sequence

6. 50-60 % effort (20 swings)

7. 65-70 % effort (3 sets of 15 swings)

8. 85-90 % effort (3 sets of 15 swings)

BATTING PRACTICE

*Warm-up 10-15 swings with soft toss sequencing

9. 50-60% effort (3 sets of 15 swings)

10. 70-80 % effort (3 sets of 15 swings)

11. 85-90 % effort (3 sets of 20 swings)

LIVE PITCHING

* Progress to simulated game/regular practice routine