

Jr Chargers
 Skill Development Intro (Jan 9, 2021)
 6:30-8:00pm

Goal of the Day: **Discuss Overall philosophy - Be uniform in what we do - Develop while getting ready to play at the next level.**

Start of Practice

Throwing Progression

- **Arm Bar, (one knee) Feet in Stone, Wrong foot, Rhythm Step**

Pitching

- **Wall Drill & Tee/Bucket Drill (5 reps each)**

Non-pitchers

- **Dead Ball Triangle Drill & lateral dead ball (IF) (5 reps each)**
- **Crow Hop - Both ground ball & fly ball (OF) (5 reps each)**

Machine 30 min

- **(IF) GB Progression Drill Hit at them (Hat Drill), forehand, backhand (to screen or 1B)**
- **(IF) Downhill Attack Drill (3 balls - Get in posture - Stay in posture)**
- **(1B) and/or IF - Work Picks Drill**
- **Catcher - Receiving Drill & Blocks (can do two lines)**
- **(OF) Outfield Progression Drill (At, right, left, back, downhill)**
- **(OF) Two Man Communication Drill (both fly balls & ground balls)**
- **(OF) Read Drill "Cut, cut, cut" OR "4, 4, 4" (have cut & catcher OR throw to screens)**
- **(OF) Downhill Throwing Drill - Both Ground ball & fly ball (however ALL can do this)**
- **Machine game**

Pocket Radar 30 min

- **Refer to chart - Our exit velo dictates our launch angle**

	Below Avg	Avg	Elite
	Line D (0 to 9 deg)	Line D (0 to 15 deg)	Drive Gaps (0 to 25 deg)
U8	33 mph	42 mph	54 mph
U9	39 mph	48 mph	60 mph
U10	45 mph	54 mph	66 mph
U11	49 mph	58 mph	70 mph
U12	52 mph	62 mph	73 mph
U13	61 mph	68 mph	79 mph
(JV)	65	72	82
(Varsity)	70	79	94
(College)	85	85	103