

Off-Season Development

POINTS OF EMPHASIS:

- Explain the “Why” not just the “What”
- Repetition without Repetition
- Move on a Spectrum from Easy & Predictable > Difficult & Random
- Amat Victoria Curam



Winter Off-Season

Phase 1

December

Build the Foundation

Phase 2

January

Skill Development

Phase 3

February

Team Development

Phase 4

March

Game Preparation

Phase 1 – Build the Foundation

		Baserunning	Throwing	Athletic Throw
Phase 1 (December)	Week 1	Infield Single	Functional Catch Play	Rundown Throws
	Week 2	Outfield Single	Functional Catch Play	Clock Drill Throws
	Week 3	Primary Lead - Standing & Sliding Return	Functional Catch Play	Jump Throws
		Defense (Infield)		Defense (Outfield)
Phase 1 (December)	Week 1	Glovework & Short Hops		Groundball Pro Step & Basic Glovework
	Week 2	Glovework & Long Hops		Pro Step Progression & Glovework
	Week 3	Two Hand Lane & Basic Footwork		Flyball Pro Step & Lane Progressions

Phase 2 - Skill Development

		Baserunning	Throwing	Athletic Throw
Phase 2 (January)	Week 4	Primary & Secondary Lead at 1B Vs RHP	FCP & Long Toss to 120 Feet	Turn & Go Throws
	Week 5	Primary & Secondary Lead from 1B vs LHP	FCP & Long Toss to 120 Feet	Backpedal Run & Gun Throws
	Week 6	Straight Steal vs RHP - Scripted	FCP & Long Toss to 150 Feet	QB Rollouts Left and Right
	Week 7	Straight Steal vs RHP - Random	FCP & Long Toss to 150 Feet	Off-Leg Running Throws
		Defense (Infield)		Defense (Outfield)
Phase 2 (January)	Week 4	Forehand & Backhand Efficiency		Backhands & Glove Side Spins
	Week 5	Double Play Feeds		Route Adjustability & Over Head Flyballs
	Week 6	Tags & Transfers - Cutoff Footwork		Footwork & Wall Work
	Week 7	Infield GB Progression		Communication & Review

Phase 3 - Team Development

		Baserunning	Throwing	Athletic Throw
Phase 3 (February)	Week 8	Straight Steal vs LHP (1st Move)	FCP & Long Toss to 150 Feet	Flamingo Throws
	Week 9	Primary Leads from 2B (< 2 vs 2 Outs)	FCP & Long Toss to 180 Feet	Dive & Recover Forehand & Backhand
	Week 10	Primary & Secondary Leads from 3B	FCP & Long Toss to 180 Feet	Jeter Throws
	Week 11	Tagging on Flyball	FCP & Long Toss to 180 Feet	Forehand Spins
		Defense (Team Block)	Defense (Reps Block)	Defense (PFP)
Phase 3 (February)	Week 8	INF Communication & Holding Runners at 2B	5-4 + 6-3 & 4-6 +5-3	Comebackers
	Week 9	Rundown Defense	6-4 + 3-5 & 1-2-3 + 6-4-5 (Spin)	3-1 Underhand & Overhand Feeds
	Week 10	Infield In Defenses	3-6 + 5-2 & 2-5 + 4-6-3 w/ Short Hop	Bunts to 3B & Bunts to 1B
	Week 11	1st & 3rd Defenses	6-5 Backhands & Right Side Triangle Comm	1-6-3 DP Feeds

Phase 4 - Game Preparation

		Baserunning	Throwing	Athletic Throw
Phase 4 (March)	Week 12	Delayed Steal from 1B	FCP & Long Toss to 200 Feet	Pickoff Footwork to 1B
	Week 13	Dirt Ball Reads from 1B	FCP & Long Toss to 200 Feet	Pickoff Footwork to 2B - Reverse Pivot
	Week 14	Straight Steal from 2B	FCP & Long Toss to 200 Feet	Incorporate Cutoff Footwork into Long Toss
	Week 15	Rounding 3B on Base Hit to OF	FCP & Long Toss to 200 Feet	Incorporate Cutoff Footwork into Long Toss
		Defense (Team Block)	Defense (Reps Block)	Defense (PFP)
Phase 4 (March)	Week 12	Bunt Defenses	3-6-3 & Left Side Bunt Triangle Comm	Squeeze Defense
	Week 13	Review Bunts & 1st/3rd Plays	Around the Horn Variations - Long GB's	Bunts Down 3B Line - Athletic Throws
	Week 14	LIVE AT BATS		
	Week 15	LIVE AT BATS		

Pillars of Hitting Development

BAT SPEED

BAT TO BALL SKILLS

ADJUSTABILITY

APPROACH



Hitting Phase 1

		Weekly Topic	Med Ball #1	Med Ball #2
Phase 1 (December)	Week 1	Base Drills - Stance & Grip	No Stride Shotput	No Stride Scoops
	Week 2	First Move	Stepback Shotputs	Stepback Scoops
	Week 3	Forward Move	Walk into Shotputs	Walk into Scoops
		Batting Practice/Machine Progression	Weekly Drill #1	Weekly Drill #2
Phase 1 (December)	Week 1	Seated BP	No Stride	Split Grip
	Week 2	Seated BP/Overhand BP	Stepbacks	Step Into
	Week 3	Overhand BP	Samurai	Hesitation

Hitting Phase 2

		Weekly Topic	Med Ball #1	Med Ball #2
Phase 2 (January)	Week 4	Sequencing	Hesitation Shotputs	Hesitation Scoops
	Week 5	Direction & Approach	Turn & Go Shotput	Turn & Go Scoops
	Week 6	Posture & Angles	Alternating Shotput Throws	Alternating Scoop Throws
	Week 7	Rhythm & Timing	Figure 8 Shotput	Split Stance Scoops
		Batting Practice/Machine Progression	Weekly Drill #1	Weekly Drill #2
Phase 2 (January)	Week 4	Moderate Fastballs	Knob to Knee	Hook Em's
	Week 5	Angled Fastballs	Around the World	Down & In Up the Middle
	Week 6	RH Breaking Balls	Height Ladder	45 Degrees Open
	Week 7	LH Breaking Balls	3 Plate Drill	3 Plate Reverse

Hitting Phase 3

		Weekly Topic	Med Ball #1	Med Ball #2
Phase 3 (February)	Week 8	Bunts & Situations	Two Hop Shotput	Step Back (X) Scoops
	Week 9	Situational Hitting	Walking Overhead Throw	Partner Catch & Scoop
	Week 10	Adjustability & Pitch Recognition	Hook Em' Shotput	Two Hop Scoops
	Week 11	2 Strike Approach	Knob to Knee Shotput	Hook Em' Scoops
		Batting Practice/Machine Progression	Weekly Drill #1	Weekly Drill #2
Phase 3 (February)	Week 8	Bunts & Situational Round	Look Away - React In	45 Closed Off
	Week 9	Challenging Fastballs	Angled In	Angled Away
	Week 10	Fastball/Curveball Double Machine	4 Seam or 2 Seam	Change Speed
	Week 11	Fastball Velocity Ladder	2 Strike Drill	Flip or Bounce

Hitting Phase 4

		Weekly Topic	Med Ball #1	Med Ball #2
Phase 4 (March)	Week 12	In-Game Adjustments	Skater's Drill Shotputs	Skater's Drill Scoops
	Week 13	Indy Drills - Game Like Challenges	45 Closed Off Shotput	45 Closed Off Scoops
	Week 14	LIVE AT BATS	Regular Shotputs	Regular Scoops
	Week 15	LIVE AT BATS	Regular Shotputs	Regular Scoops
		Weekly Drill #1	Weekly Drill #2	Batting Practice/Machine Progression
Phase 4 (March)	Week 12	Depth Ladder	Hitter's Counts	Challenge Breaking Balls
	Week 13	Mix Location	3 Plate Change Speeds	Challenge Fastballs
	Week 14	LIVE AT BATS		
	Week 15	LIVE AT BATS		

13U & 14U Practice Structure

Warmup & Hitting

:00-:15 – Dynamic & Med Ball Warm Up

:15-:20 – Self Toss Warmup

:20-:40 – Front Toss Drills

:40-:60 – Seated/Overhand/Machine

Defense

:00-:10 – Baserunning

:10-:20 – Throwing Progressions

:20-:40 – Defensive Block #1

:40-:60 – Defensive Block #2

Resources

24'25 Winter Off-Season:

24'-25' Off-Season Development
Outline

Core Hitting Drills

Master Drill List

Hack Attack Cheat Sheet

In Cage Hitting Goals

Hittrax Guide

Weekly Itineraries 13U-15U

Additional Resources:

Hitting Protocols

Positional Cornerstones

Development Guide

GBG YouTube Page (370
Drills)

Hitting Simplified

The Gather

The Forward Move

Launch Position

Sequencing

Posture & Angles



Elements of an Efficient Gather

Hip Hinge & Coil

Reverse Iron Pyramid

Helps Rhythm & Timing



The Gather

Hinge & Coil



Shift & Sway



Elements of the Forward Move

Back Foot Anchored

Center of Mass Moves Forward

Top Half Working Back



Back Foot Anchored

Starts in the Gather

Inverted Pyramid – Not Toes

Hamstring/Glute Dominant



Center of Mass Goes Forward

We don't use our Feet!

Middle of Body Goes Forward –
Back Foot Anchors

Under Control!



Top Half Works Back

Outside the Shoulder

Top Half Anchor NEEDS to
happen for proper Sequencing

Stretch the Elastic!



Elements of Good Launch Position

Can't Hinge - Can't Hit

Every human being that has ever hit a baseball at a high level does the same things stop thinking you can skip the basic foundational movements that human beings have done for thousands of years if I woke up a caveman from 4000 B.C. and asked him to pick up a heavy object off the ground he would Hinge to do it so why can't you do that?



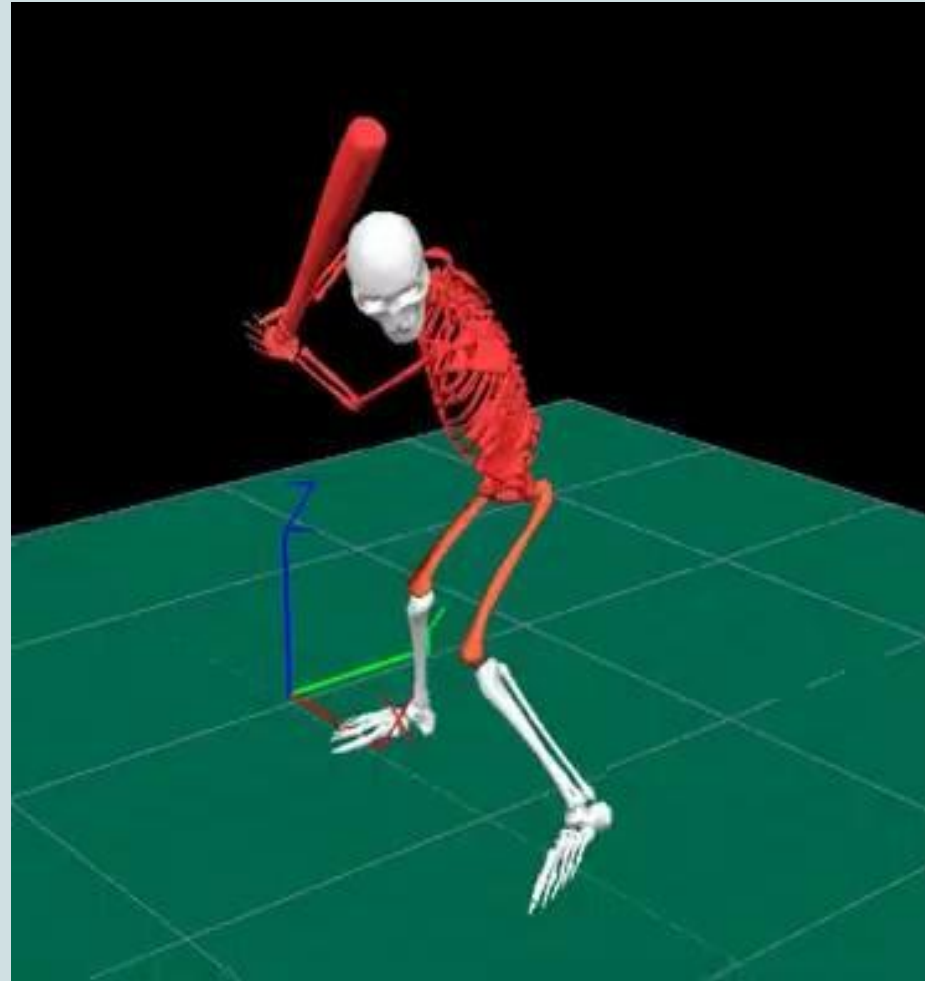
Sequencing

Proximal to Distal – Middle > Out

Middle Pulls the Backside

Backside Pulls the Hands

Hands Deliver the Barrel



Middle Pulls Backside - Backside Delivers Hands



Middle Pulls Backside - Backside Delivers Hands



Stop Fast to Swing Fast



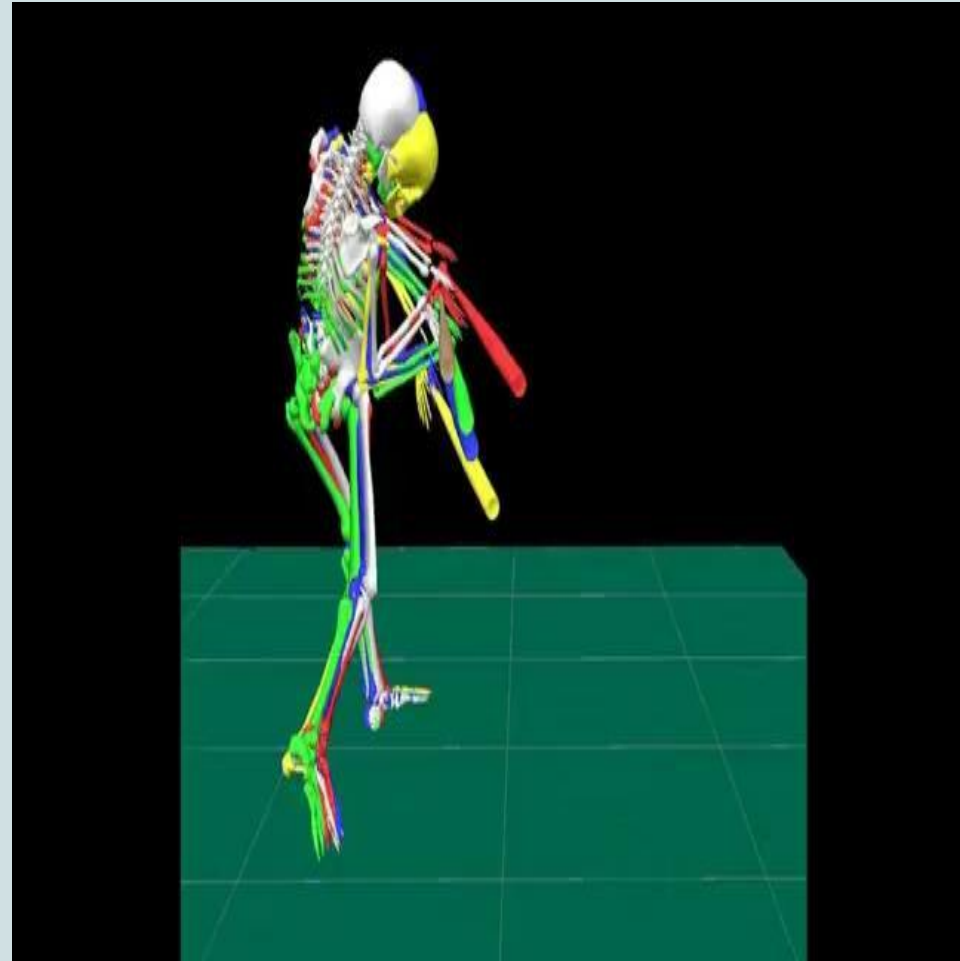
Hands Hold the Bat & Stop The Knob - THAT'S IT!



Posture & Angles

Nobody talks about this!

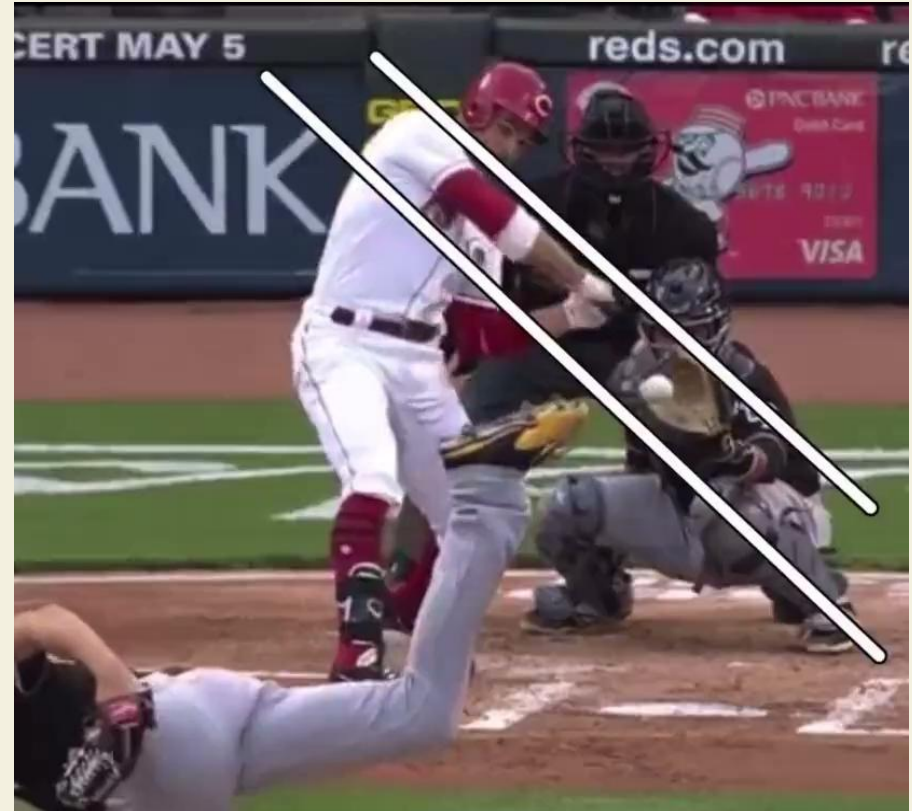
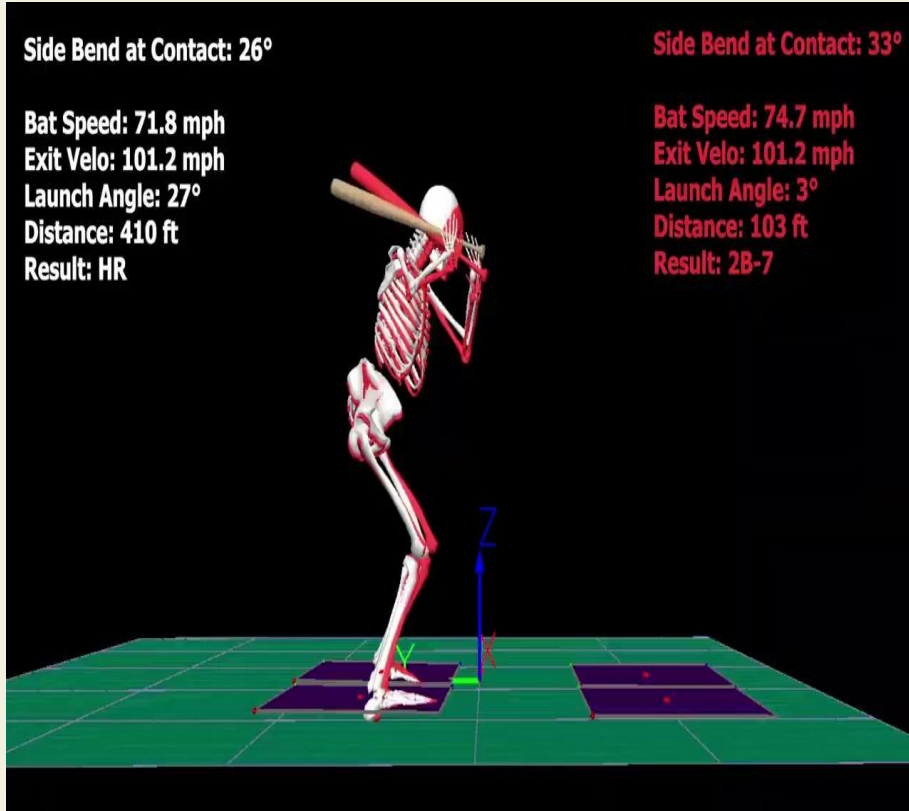
ALL of the best hitters on the planet adjust posture and hold that posture through contact and MAYBE 5% of amateur hitters do this!



Put the Athleticism Back in Hitting!



Every single swing requires posture adjustments!





Flow