



Virtual Coach
Workout Plan- Week 11

Hello Bulldogs! This is the final week of programming so let's finish on a high note and pull everything together. We hope you have an enjoyable summer and continue your development as an athlete and baseball player.

Wednesday Coaches Webinar; 5:30 with Deven Morgan, Driveline Baseball, Director of Youth Programming. Deven is a leader in developing fun programming for youth players with a focus on skill development that will scale to the next level. Deven is super passionate about youth sports and is sure to provide great insight for players and parents alike.

1. Dynamic Warm Up, [click here for video](#)
2. Throwing Routine (approximately 50-75 throws), [click here for video](#)
3. Pitching Drills (do as many of these drills as you want), [click here for video](#)
4. Hitting Drills, [click here for video](#)
5. FUN!: One/Two Ball Challenges, [click here for video](#)
6. Sprints (5 x 90 feet)- full speed, maximum effort
7. Circuit Training, [click here for video](#)