

WEEK 2 BALANCE WORKOUT

1) 3/4 DRILL WITH DRAG AND STEP ON BALANCE BEAM

- IN YOUR LEGS # NEEDS TO BE 3 OR HIGHER
- BALANCE NEEDS TO BE 8.5 OR HIGHER
- 8 TO 2. 8 TO 5
- 8 TO 8. 8 TO 7. 5 TO 6.

2) BOSU BALL FIGURE 4 - 15 PITCHES

- 4 TO 4. 4 TO 6
- 4 TO 1. 4 TO 3.

3) LOCKED IN DRILL ON BALANCE BEAM

- BIGGEST FOCUS: INTENSITY & IN YOUR LEGS * ARM SPEED
- TRY TO KEEP SIDES FROM HITTING. BUT GO HARD
- AIM FOR GENERAL STRIKE ZONE
- 15 PITCHES

4) WALK THROUGH (OR RUN THROUGH)

- INTENSITY OF 8.5 +
- BALANCE 8.5 + !!! <-- MAKE SURE THIS HAPPENS!!!!
- 12 PITCHES, ALTERNATE BETWEEN 4 & 6
- YOU NEED TO HIT INTENSITY #, BALANCE # AND IT NEEDS TO HIT YOUR SPOT OR REP DOESN'T COUNT
- CONTROL YOUR ENERGY, BUT PUSH

5) PUNCH N GO

- 6 TO 3. 6 TO 7.
- 6 TO 1. 6 TO 9.

6) FULL PITCH FIGURE 4

- 12 PITCHES
- INTENSITY 9+....AIM FOR GENERAL STRIKE ZONE
- HOLD BALANCE FOR 3 SECONDS

7) FULL PITCH

- 8 PITCHES, PICK A SPOT TO HIT IN AN 0-0 COUNT.
^ THINK FIRST PITCH STRIKE, NEED TO GET AHEAD
- 8 PITCHES, PICK A SPOT TO HIT IN AN 0-2 COUNT
^ THINK NEEDS TO BE A BALL OR TWO OFF PLATE.

