

SOPRO Varsity Linear 12-Week Practice Calendar

Each week consists of a 60-minute elite training block utilizing SOPRO's analytical hitting tunnels, pro-grade dirt mounds, and open turf fields.

Phase 1: Biomechanical Assessment & Max Force Production (Weeks 1–4)

- **Week 1:** Baseline analytical testing (Exit velocity, launch angle, spin efficiency, pop times), kinetic arm-care profiling, and pelvic loading screening. [\[1\]](#)
- **Week 2:** Pitching mound power output tracking (ground force interaction), stride efficiency analysis, and advanced catcher framing/receiving metrics.
- **Week 3:** Infield dynamic range depth, advanced pre-pitch prep steps, and high-velocity double-play turn angles.
- **Week 4:** Outfield route efficiency metrics, track/wall warning zone approach techniques, and long-distance relay throwing trajectories.

Phase 2: Power Metrics & Pitch Design Optimization (Weeks 5–8)

- **Week 5:** Weighted bat overload/underload speed sequences, off-speed approach logic, and situational opposite-field driving plans.
- **Week 6:** Advanced pickoff timing sequencing (baseball), look-back circle deception traps (softball), and run-game neutralization.
- **Week 7:** Deep-hole infield throw metrics, forward slow-roller barehand choices, and catchers throwing behind aggressive runners.
- **Week 8:** High-spin pitch tracking against automated machines, opposite-field situational hitting, and dirt-ball read launch triggers.

Phase 3: Tactical In-Game Pressure & Showcase Readiness (Weeks 9–12)

- **Week 9:** Live bullpen tracking against live hitters, defensive spray-chart adjustments, and situational count execution.
- **Week 10:** Advanced wheel-play bunt defense, first-and-third trick plays defense, and deep outfield relay alignment.
- **Week 11:** Final data metrics verification (post-program growth tracking), peak velocity tests, and reaction training profiles.
- **Week 12:** Complete structural tactical scrimmage showcase, advanced post-program metrics reporting, and showcase readiness.