

SOPRO JV Fall 12-Week Practice Calendar

Each week consists of a 60-minute advanced training block utilizing SOPRO's analytical hitting tunnels, pitching lanes, and open turf spaces.

Phase 1: Biomechanical Force Production & Metrics Baseline (Weeks 1–4)

- **Week 1:** Baseline metrics tracking (Exit velocity, launch angle, pop times), kinetic arm-care setups.
- **Week 2:** Pitching drive phase tracking (mound power output), stride efficiency metrics, and technical catcher framework builds.
- **Week 3:** Extended infield depth angles, pre-pitch momentum steps, and high-velocity double-play pivots.
- **Week 4:** Outfield gap routes, track-and-wall warning techniques, and long-distance cut/relay execution metrics.

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

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

Phase 3: Tactical In-Game Pressure & Elite Integration (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 coverage, first-and-third 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 program assessment post-program metrics reporting