

Linear 12-Week Practice Calendar

Each week consists of a 60 -minute high-efficiency training block utilizing SOPRO's indoor pitching lanes, digital hitting tunnels, and open turf section.

Phase 1: Biomechanical Optimization & Movement Profiles (Weeks 1–4)

- **Week 1:** Baseline swing metrics assessment, throwing metrics assessment and high-level arm-care protocols.
- **Week 2:** Pitching kinetic chain sequencing, initial spin efficiency tracking, and catcher dynamic blocking paths.
- **Week 3:** Infield lateral range footwork, standard pre-pitch hops, and double-play turn angles at second base.
- **Week 4:** Outfield boundary tracking, wall approach techniques, and standard intermediate relay communication.

Phase 2: Tactical Application & Data-Driven Adjustments (Weeks 5–8)

- **Week 5:** Situational hitting approaches, and bat-speed overload training.
- **Week 6:** Controlling the run game, advanced pickoff plays (baseball), and look-back circle traps (softball).
- **Week 7:** Advanced double-play variations, deep infield hole throws, and standard catcher pick-offs to first/third.
- **Week 8:** High-velocity pitch machine tracking, opposite-field execution, and aggressive base running (dirt ball reads).

Phase 3: High-Intensity Live Scenarios & Analytics Validation (Weeks 9–12)

- **Week 9:** Live batting practice with situational counts, defensive shift positioning, and absolute pressure simulations.
- **Week 10:** Specialized first-and-third defensive breakdowns, bunt defense, and multi-outfield communication.
- **Week 11:** Post-program analytics testing, velocity metrics validation, and visual reaction training curves.
- **Week 12:** Metrics evaluation, and postseason readiness testing.