

Coach Pltch 12-Week SOPRO Fall Semester Outline

Each week consists of a 60-minute structured block

Phase 1: Mechanics & Athletic Foundation (Weeks 1–4)

- **Week 1:** Athletic posture, proper 4-seam grip, and the concept of a balanced hitting base. (baseline metrics evaluation)
- **Week 2:** Loading the hips, matching hand-eye coordination with tee work, and standard base running paths.
- **Week 3:** Creating a low fielding triangle, soft-hand transitions, and accurate point-to-point throwing.
- **Week 4:** Tracking slow-moving balls from a knee, foundational linear acceleration, and introductory base sliding safety.

Phase 2: Structural Execution & Group Drilling (Weeks 5–8)

- **Week 5:** Extension through contact, tracking angled underhand front tosses, and lateral shuffling techniques.
- **Week 6:** Execution of standard force plays, backhand glove positioning, and baseline cutoff awareness.
- **Week 7:** Weight transfer on the throw, attacking short-hop baseballs/softballs, and reading ball tracking off the bat.
- **Week 8:** Hitting off variable coach velocities, tracking popups, and advanced base running rules (tagging up).

Phase 3: Competitive Integration & High Velocity (Weeks 9–12)

- **Week 9:** Execution of double-play feeds, and high-intensity agility circuits.
- **Week 10:** Specialized Defense, situational hitting, and high-repetition outfield communication.
- **Week 11:** Simulating live standard game scenarios, fine-tuning cutoffs.
- **Week 12:** Situational master review, and baseline metrics validation.