

Jr Kid Pitch SOPRO 12-Week Practice Calendar

Each week consists of a 60-minute high-efficiency training block utilizing SOPRO's indoor pitching lanes, pro-grade cages, and open turf sections.

Phase 1: Precision Mechanics & Velocity Foundation (Weeks 1–4)

- **Week 1:** Postural mechanics in the box, linear weight transfer, and foundational arm-care routines.
- **Week 2:** Pitching delivery sequencing (stride length, hip-shoulder separation) and catcher receiving frames.
- **Week 3:** Dynamic infield footwork, backhand funneling metrics, and double-play pivot basics.
- **Week 4:** Outfield drop-steps, route efficiency tracking, and cutoffs/relays positioning.

Phase 2: Tactical Execution & High-Rep Drilling (Weeks 5–8)

- **Week 5:** Off-speed pitch recognition, contact extension adjustments, and situational bunting execution.
- **Week 6:** Pickoff mechanics (baseball), look-back circle rules (softball), and baseline runner holding.
- **Week 7:** Advanced situational defense, handling short-hops in the dirt, and concrete double-play transfers.
- **Week 8:** Hitting off high-velocity machine inputs, situational base running, and tagging up mechanics.

Phase 3: High-Intensity Simulated Game Play (Weeks 9–12)

- **Week 9:** Live batting practice with live pitchers, calling defensive shifts, and absolute pressure drills.
- **Week 10:** Specialized first-and-third defensive plays, and complex cutoff relays.
- **Week 11:** Automated pitch tracking analytics review, operational situational adjustments, and live base stealing parameters.
- **Week 12:** Complete intra-squad tactical scrimmage showcase, metric validation, and postseason readiness testing.