



TRAINING BREAKDOWN

Please start every session at **6:00 PM SHARP**, demonstrating time management and organization. We want to ensure we maximize all available drill stations.

There will be a check-in sheet at the gate. Please **DO NOT** allow unregistered players or coaches not assigned to DDP to enter the training field. Guest trainers will be listed prior to training.

We will have a guest check-in and waiver sheet at the gate as well. Please ensure all guests fill out the waiver. Guests can pay a \$10 fee for each session via the DDP Square QR code.

Time Slots (5-minute water break between station transitions)

6:00 pm – 6:30 pm (**6:25 pm**) Pre-training and Warm-Up

6:30 pm – 7:00 pm (**6:55 pm**) Station #1

7:00 pm – 7:30 pm (**7:25 pm**) Station #2

7:30 pm – 8:00 pm (**7:50 pm**) Station #3

End every session with **All Bases Lead from Drills**. This should be done at 7:50 pm (10 minutes before the end of the session).



Opening Day

JUNE 3

Station #1: Infield

Station #2 - Outfield

Station #3 - Hitting

Pre-training and Warm-Up

Start with a dynamic warm-up along with stretching. Afterward, go directly into short throws and progress to long throws.

Drill Station Start-Up

Infield:

Short Hop on Knees - (focus on the ball in glove) Stright, Glove Side, Back Hand

Short Hop on Feet - (focus on the athletic stance) Stright, Glove Side, Back Hand

Short Hop to Throw - Left heel down, weight shift, step in front, sim throw

Focus Throwing Progressions

Outfield:

Short Hop on Knees - (focus on the ball in glove) Stright, Glove Side, Back Hand

Short Hop on Feet - (focus on the athletic stance) Stright, Glove Side, Back Hand

Drop Steps Drills

Focus Throwing Progressions

Catchers:

Short Hop on Knees - (focus on the ball in glove) Stright, Glove Side, Back Hand

Transition Drills

Focus Throwing from Knees

Focus Throwing Progressions



Week 1

JUNE 6

Station #1: Infield
Station #2 - Outfield
Station #3 - Hitting

JUNE 8

Station #1: Infield
Station #2 - Outfield
Station #3 - Hitting

JUNE 10

Station #1: Infield
Station #2 - Outfield
Station #3 - Hitting



Week 2

JUNE 13* (TOURNAMENT)

JUNE 15

Station #1: Infield

Station #2 - Outfield

Station #3 - Hitting

JUNE 17* (CHECK FOR TOURNAMENT)

Station #1: Infield

Station #2 - Outfield

Station #3 - Hitting



Week 3

JUNE 20

Station #1: Infield

Station #2 - Outfield

Station #3 - Hitting

JUNE 22

Station #1: Infield

Station #2 - Outfield

Station #3 - Hitting

JUNE 24

Station #1: Infield

Station #2 - Outfield

Station #3 - Hitting



Week 4 (Advanced)

JUNE 27

Station #1: Infield

Station #2 - Outfield

Station #3 - Hitting

JUNE 29

Station #1: Infield

Station #2 - Outfield

Station #3 - Hitting

JULY 1

NO TRAINING



Week 5 (Advanced)

JULY 4

NO TRAINING

JULY 6

Station #1: Infield

Station #2 - Outfield

Station #3 - Hitting

JULY 8

Station #1: Infield

Station #2 - Outfield

Station #3 - Hitting



Week 6 (Game Situation Prep)

JULY 11

Station #1: Infield

Station #2 - Outfield

Station #3 - Hitting

JULY 13

Station #1: Infield

Station #2 - Outfield

Station #3 - Hitting

JULY 15

Station #1: Infield

Station #2 - Outfield

Station #3 - Hitting



Week 7 (Game Situation Prep)

JULY 18

Station #1: Infield

Station #2 - Outfield

Station #3 - Hitting

JULY 20

Station #1: Infield

Station #2 - Outfield

Station #3 - Hitting

JULY 22

Station #1: Infield

Station #2 - Outfield

Station #3 - Hitting



Week 8 (Game Situation)

JULY 25

Live on-field game situation

JULY 27

Live on-field game situation

JULY 29

Live on-field game situation