

JBA Rainiers 10U Personal Practice

	Oct 17-30	Initial each time	Oct 31-Nov 13	Initial each time
Hitting 1	Elvis Drill: 42 repetitions		Touch Method Drill: work 14 reps each inside, middle and outside pitch swings	
Hitting 2	Touch Method Drill: work 14 reps each inside, middle and outside pitch swings		Top Hand-Bottom Hand: 21 reps top hand, 22 reps bottom hand	
Fielding 1	Longoria Prep Step: 42 reps repeating footwork		Triangle Drill: 42 reps	
Fielding 2	Triangle Drill: 42 reps		Right, Left, Tap, Tap: 42 reps	
Pitching 1	Balance Drill: 7 reps of 6 seconds each		Balance Drill: 7 reps of 6 seconds each	
Pitching 2	Hershiser Drill: 42 reps		Hershiser Drill: 42 reps	
Mental	Complete LoC (Locus of Control) assignment if not done.		Complete LoC (Locus of Control) assignment if not done.	
Strengthening	Hold IF position (similar to position in triangle drill for 6 reps of 7 seconds each)		Hold IF position (similar to position in triangle drill for 6 reps of 7 seconds each)	