## Phases of a Developmental Year HITTERS

### **September-October** Players Compete and Staff Evaluates:

- Can player execute adjustments?
- Was player Coachable?
- Assess player's production.
- Determine if player's hitting approach needs to be changed for the following year.



#### **November/December** Indiividualize and Make Necessary Adjustments To Hitting Approaches

- 1 on 1 Lessons
- Quality over Quantity
- Specify certain adjustments and stick to fixing that certain problem

# January/February

#### Solidify Hitting Approach & Lower Half Strength

- Winter workouts 3x/week
  - Execution Day
  - Power Day/Leg
    Strengthening
  - On-Your-Own Day: QR



#### Code Workout Plan

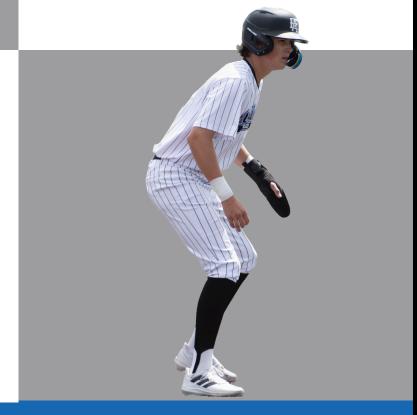


## March/April/May High School and One on One Instruction:

- Apply lessons learned from winter work
- 1 on 1 lessons to help in season struggles or even to maintain winter work

## **June/July** Summer Competitive Season

 Year round service of competion & hitting training sessions to put player in the best position to succeed!



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