

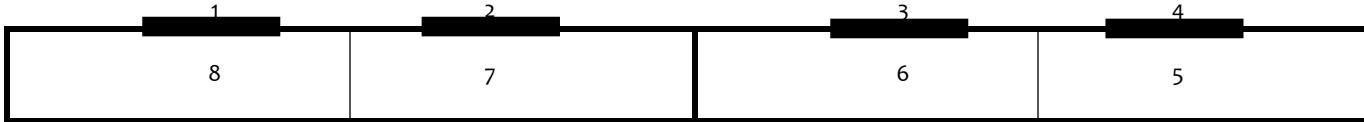
January 6, 2016 Iowa State Softball: Practice Schedule

2 Hour Workout

Time In	Time Out	Activity
0:00	0:10	Jump Rope Routine
0:10	0:11	Move to 4 quadrant Bunt Work
0:11	0:18	4 quadrant Bunt Work+Mechanics Check
0:18	0:21	Concentration Grid
0:21	0:24	OFFENSIVE SET UP
0:25	1:15	50 minute Hitting Routine

Jump Rope Routine

:30 Easy	:30 Rest
:30 Speed	:30 Rest
:30 Right	:30 Rest
:30 Left	:30 Rest
:30 Cross	:30 Rest
:30 Speed	:30 Rest
1:00 Cond.	1:00 Rest
:30 ALT	:30 Rest
:30 C-Down	:30 Rest



RH/LH	Grouping	Group	Partner
LS	Schweitzer	2	A
LS	Bingham	2	A
LS/LH	Caudle	2	C
LH	McFarland	2	C
RH	Turner	2	B
RH/LS	Konz	2	B
RH	Johnson	1	A
RH	Chairez	1	B
RH	Schaben	1	A
RH	Lewis	1	C
RH	Williams	1	C
RH	Hartman	1	B
RH	Scheffert	1	D
RH	Antillon	1	D
RH	Bosworth	2	D
RH	Woolpert	2	D

- 2 Sets/15R **Drill 1** Separation/Load to Ground Force Station
- Differential** 2 sets of 7 finger tip push-ups
- 2 Sets/7R **Drill 2** 3-Tap Explosive Swings
- Differential** Paper Roll (EA hand, 3x)
- 2 Sets/7R **Drill 3** Inside POPS
- Differential** Ladder Runs
- 2 Sets/7R **Drill 4** Outside POPS Infielders
- Differential** Cones GROUP 1
- 2 Sets/7R **Drill 5** Inside/Outside POPS
- Vision1** Green Therapy
- 2 Sets/7R **Drill 6** Long Tee Drill
- Vision2** Figure 8's vision exercises
- TBD **Drill 7** V-Flex CHart1 help
- Vision3** Two Dots Vision Exercise
- TBD **Drill 8** V-Flex Chart2 help
- Vision4** Blinking Vision Exercises OF/Catchers GROUP 2

Note: All Drills performed with a wood bat

Time	Drill 1	Drill 2	Drill 3	Drill 4	Drill 5	Drill 6	Drill 7	Drill 8
0:00-0:05	A	B	C	D				
0:06-0:11		A	B	C	D			
0:12-0:17			A	B	C	D		
0:18-0:23				A	B	C	D	
0:24-0:29					A	B	C	D
0:30-0:35	D					A	B	C
0:36-0:41	C	D					A	B
0:42-0:47	B	C	D					A

- 1:15 1:18 Bunt Series and Bat Speed Series 1:18 -1:55 Bunt Series for Group 2
- 1:18-1:48 Warm up stretch
- Straddle ball Roll, Hip Circles, Side Bends and total body stretch
- CORE
- Crunches, curl ups, Oblique Twists, V-Sits and Planks
- UPPER BODY
- Front Raise, Shoulder press and catch, Bicep Curl, Tricep Extensions and push ups
- LOWER BODY
- Wall Sits, Walking lunges, Squats and Progressions
- 1:48-1:58 Push Ball and Sprints...+ Cone Acceleration Sprints
- 1:58-2:00 Drink

Charts in Red Book

Caudle, Schweitzer and Bingham