

september



2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
1 September Infield and outfield agilities Pick Teams AS – Lowerbody workout	2 Speed weights AS – Open field	3 Infield Outfield Agilities Know the next 3 AS – Upperbody workout	4 Hitting Cages Hitting Open Field	5 Bench Competition #1	6/7
8 Testing Mile Speed weights AS – Open Field	9 Testing Bench Squats AS- Open Field	10 Hitting in Cages Upperbody Workout	11 Infield Agilities Outfield Cages 4 Corners Lowerbody Workout	12 1 ½ Competition Long Toss	13/14
15 Hitting Stations AS – Lower Body WO	16 Speedweights 2 AS - Long Toss	17 Pitchers Bullpens Position Players Cages Bic – Bullpens Cortez – Cages AS – Upperbody WO	18 Speedweights 2 Cages Longtoss	19 Comp - Wallball	20/21 Fall Game
22 Cutoffs Relays AS-Lowerbody	23 Testing Cages Longtoss	24 Pitchers Bullpens Position Players Cages Bic – Bullpens Cortez – Cages AS – Upperbody WO	25 Testing Cages Longtoss	26 Comp - Tug of War Box race	27/28 Fall Game
29 INF- Agilities 4 Corners OF – Cages / Flyballs	30 Testing - Longtoss	1 October Pitchers Bullpens Position Players Cages Bic – Bullpens Cortez – Cages AS – Upperbody WO	2 Speedweights 2	3 Comp - Benchreps	4/5 Fall Game
6	7	8	9	10	11/12