* **Day 1:** 
  + **Wrist Snaps: 5-10 Snaps**
  + **Sassy Hip: 5-10**
  + **T-Drill: 10 Strikes( Focus on staying open, glove straight down by side, stop at wrist snap)**
  + **K- Drill: 10 strikes ( Focus on staying open till release point and the close finishing elbow to target) Make sure to drag your back foot: Knee to Knee**
  + **3 Quarter or Frankenstein: 10 good pitches ( If you are right handed start with your left foot in front and if you are left handed start with your right foot in front)**
  + **Walk Throughs: 5-10 pitches**
  + **Full Motion:** 
    - **10 Strikes**
    - **15 pitches on the inside corner**

**Grade:**

* **Day 2:** 
  + **Wrist Snaps: 5-10 Snaps**
  + **Sassy Hip: 5-10**
  + **T-Drill: 10 Strikes( Focus on staying open, glove straight down by side, stop at wrist snap)**
  + **K- Drill: 10 strikes ( Focus on staying open till release point and the close finishing elbow to target) Make sure to drag your back foot: Knee to Knee**
  + **3 Quarter or Frankenstein: 10 good pitches ( If you are right handed start with your left foot in front and if you are left handed start with your right foot in front)**
  + **Walk Throughs: 5-10 pitches**
  + **Full Motion:** 
    - **10 Strikes**
    - **15 pitches on the outside corner**

**Grade:**

* **How well did you do pitching inside? Outside?** 
  + **Inside:**
  + **Outside:**