

COMPLETEGAME

INSTRUCTION.TRAINING.MENTALITY.

Player Weekly Work Plan

**Primary Position Class: 1x/week (Infield or Outfield
or Catchers (*see below for catchers*))**

**Catchers: 2x/week (One Wednesday and One
Sunday)**

Hitting Class: 1x/week

**Pitching Class: 1x/week (Only if you want to pitch
in games - Regular throwing will be done at
Primary Position Classes)**

Strength Class: 1x/week

Facility Use Hitting: 2x/week

**Facility Use Pitching: 2x/week (Only if you want to
pitch in games)**

Facility Use Strength: 2x/week

Facility Use Catching: 1x/week (Catchers Only)