

COMPLETEGAME

INSTRUCTION.TRAINING.MENTALITY.

Day 1: Bat Speed Explosion

Drill	Bat	Ball	Environment	Sets/Reps	Intensity
Med Ball Progression: -Shot Put Med Ball -Shot Put Shuffles -Drop Step Toss	-	-	-	3x8	-
Heavy Bat Walk Through Drill	DTB Heavy Bat	Baseballs	Tee	1x8	70-80%
Offset Rotation	Game Bat	Baseballs	Tee/Flips	3x5	100%
Shuffle Swings	Game Bat	Baseballs	Tee or Flips	1x8	95-100%
Step Backs	Axe Short Bat/ Short Bat	Baseballs	Flips	1x8	Game Like
Weighted Gamer BP	Weighted Wooden/	Smashballs	Machine	2x5	Game Like
2k count 7 Ball	Game Bat	Smashballs	Machine	2x5	Game Like
2-0 Count	Game Bat	Baseballs	BP or Machine	2x5	Game like

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Day 2: Bat to ball

Drill	Bat	Ball	Environment	Sets/Reps	Intensity
Stretch, Water Bag Shuffle Med Ball Tosses - 1,2,1,2 Drill - Cody Bellinger	-	-	-	3x 8	-
Top and Bottom	Small Bat	Baseballs	Tee or Flips	2 x 6	70-80%
Choked Up Stride to Balance	Game Bat	Baseballs	Tee or Flips	1x6	70-80%
Stride to Balance	Game Bat	Baseballs	Tee or Flips	1x8	Game like
Low Oppo	Game Bat	Baseballs	Tee or Flips	1x6	Game Like
High Pull	Game Bat	Baseballs	Tee or Flips	1x6	Game Like
Smash Trainer (Square it up)	Smashbat	Smashballs	Machine/ Flips	1x8	Game like
2k Count 7 Ball Plate	Game Bats	Baseballs	Machine	2x5	Game Like
2-0 Count 4 ball Plate	Game Bat	Baseballs	BP or Machine	2x5	Game like

Link For Drills: [https://www.youtube.com/playlist?](https://www.youtube.com/playlist?list=PLY6SyZCzwxPqRnh3f0iKWuUjj5lcpFeWx)

[list=PLY6SyZCzwxPqRnh3f0iKWuUjj5lcpFeWx](https://www.youtube.com/playlist?list=PLY6SyZCzwxPqRnh3f0iKWuUjj5lcpFeWx)