

2022/2023 training schedule package 9U-14U

Here is a breakdown of what to expect over the next 12 months at Strike Zone.

Fall training

August 8- September 2 we will run position specific training classes

Areas of focus

Middle infielders

Corner infielders

Catchers

Outfielders

Sept 3-Sept 5 off for Labor Day

Sept 6

fall team practice begin each team will have 1 hitting/pitching practice and 1 team fielding practice

Off season: Training will consist of position specific training and arm strength program.

Position specific training (these will be ran like camps for each position) players will be allowed to come to any position training they want. For instance, if your primary position is outfield but you would like to work on 2b, you can come to Middle infield training to be more prepared for next season

Catcher training

Corner infielders

Middle infield

Outfield

We will take time off from pitching at the end of the season but will pick back up with pitcher specific workouts as the season gets closer

The position specific training will be high rep high intensity training sessions working on position specific skills and athleticism. The aim is to have a better skill set going into next year as well as a better understanding of the position each player will be playing.

In November and December we will try to get on the field as much as weather allows us.

December 19-January 13 winter break

January 14-March 3 off season training

This will be a combination of indoor and outdoor training. The schedule will be flexible based on what the weather will allow us to do.

March 4 – July 1 Spring summer practice