

BOMBERS WORKOUT SCHEDULE

Friday, September 25, 2020

| <u>TIME</u> | <u>ACTIVITY</u> | <u>COACHES</u> |
|-----------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|
| 6:00pm – 6:10pm | Team Stretch (Go over workout schedule) | DM, MJ |
| 6:20pm – 6:35pm | Throwing (Infielders and Outfielders) (Hit in the cages) | MJ, MS SS |
| 6:35pm – 6:52pm | Bombers Workout (Station 1) (Hitting) RF Cages (Home to 1st) RF Line (Sliding) 3B Dugout (Double Play Feeds) Infield (Groundballs) CF (Pre-Game Routine) 3B Bullpen <i>(Exchanges, Dry blocks, Walkouts)</i> | JM Murph SR MJ BV SS, GD |
| 6:52pm – 7:09pm | Bombers Workout (Station 2) (Hitting) RF Cages (Home to 1st) (Sliding 3B Dugout) (Double Play Pivots) (Fly Balls) (Receiving off of the machine, Live Blocks) *Bullpen with PO's | MJ JM Murph MS BV SS GD |
| 7:09pm – 7:26pm | Bombers Workout (Station 3) (Hitting) RF Cages (Home to 1st) (Sliding – 3B Dugout) (1/2 receive throws from OF) (Throwing CF – 3B/Home) (Throwing (30ft, 60ft, 90ft, 120ft, 150ft) | MS MJ JM Murph BV SS, GD |
| 7:26pm - 7:43pm | Bombers Workout (Station 4) (Hitting) RF Cages (Home to 1st) (Sliding – 3B Dugout) (Picks at 1B) (Throwing CF – 3B – prep for hitting) (Throwing to bases 2B/3B) | Murph MS MJ JM BV SS, GD |

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|------------------------|------------------------------------------------|-----------------------|
| 7:43pm – 8:00pm | Bombers Workout (Station 5) | |
| ○ Catchers | (Sliding) 3B Dugout | SS |
| ○ Outfielders 1 | (Home to 1st) RF Line | SR, BV |
| ○ Outfielders 2 | (Hitting) RF Cages | Murph, GD |
| ○ Infielders | (4 man fungo) Infield | JM, MJ, MS, DM |
| 8:00pm – 8:17pm | Bombers Workout (Station 6) | |
| ○ Outfielders 2 | (Sliding) 3B Dugout | Murph |
| ○ Catchers | (Home to 1st) RF Line | GD, SS |
| ○ Outfielders 1 | (Hitting) RF Cages | JM, BV |
| ○ Infielders | (2 man fungo – DP's) Infield | MJ, MS, DM, |
| 8:17pm – 8:34pm | Bombers Workout (Station 7) | |
| ○ Outfielders 1 | (Sliding – 3B Dugout) | Murph |
| ○ Outfielders 2 | (Home to 1st) | JM |
| ○ Pitcher | (PFP – Infielders who pitch) | GD, MS, MJ, BV |
| ○ Catchers | (PFP/Catchers Popups with Machine) | SS |
| | <i>Catchers will split group for station 7</i> | |
| 8:34pm – 9:00pm | Bombers Workout (Station 8) | |
| ○ Pitchers/Catchers | (Flat Ground) LF RF Line | BV, GD, Murph, JM, SS |
| ○ Non – pitchers | Leads and Breaks 1B (4 bags) | DM, MJ, MS |