



DAILY MINIMUMS

SOUTHSIDE PROSPECTS · COMPETE · DEVELOP · EXCEL

HIGH SCHOOL

17/18 · FALL 2026

1 SHOW UP RIGHT

EVERY PRACTICE, EVERY GAME

On the line **7:15** for a 7:30 practice · **1 hr 15 min** early to games

Late = sprint

Red or black Prospects jersey, tucked. New guys: plain black/red/white fitted shirt

Baseball pants (grey or white) · **red or black belt**, always worn

Hat on straight, bill forward · **cleats tied** before you're on the line

Phone in the bag the second you arrive · no jewelry

Bag: glove · bat · helmet · batting gloves · **1L water** · extra shirt · sunscreen · bands

2 THE PRE-PRACTICE 15

7:15 → 7:30

T-15 · Arrive & set — bag on the fence, cleats tied, glove in hand, standing on the line

T-14 · **The reset, 2 min** — box breathe 4·4·4·4 ×6, then "today I'm working on ____"

2 min

T-12 · Dynamic — hinge 2×10 · 90/90 2×8 · open books 2×8 · wall slides 2×10 · pull-aparts 2×15
· glute bridge 2×12 · WGS 1×5/side

3 min

T-9 · Down & back — knee hug · quad+reach · inchworm · shuffle · carioca · scoop · A-skip ·
build-ups 70/85/100%

4 min

T-5 · Bands, both arms — ER · IR · reverse throw · forward throw · scap row · pull-apart

3 min

T-2 · Partner up, wrist flicks start · **catch play is live at 7:30**

3 THE DAILY 15 · HITTING

5 DAYS/WEEK · NO CAGE NEEDED

Mirror bow-&-arrow holds — load, freeze, check: hands quiet? blade pulled? barrel 45°, no wrap?

3×8

Hinge finish-freezes — swing, freeze the finish 2 s, same tilt as setup

3×8

Towel-bat barrel turns — slow motion, barrel works behind the hands, never casts

3×8

Separation dry swings — hips go, the loaded scap waits, then turn

3×8

Walk-through swings — walk in, land, POST, swing. Freeze: is the front leg straight?

3×8

ONE swing thought per session. Say the cue out loud before every rep — can't say it, don't swing it.

Film one set from the side, once a week. The film shows progress before the feel does.

4 THE MOBILITY 10

EVERY DAY — INCLUDING OFF DAYS

90/90 hip switches **2×8** · Open books **2×8/side** · World's greatest stretch **1×5/side**

Couch stretch **45 s/side** · Ankle rock **2×10/side** · T-spine extension **2×8**

Dead bug **3×10** · Glute bridge **2×12** · Wrist & forearm **30 s each**

Sleeper stretch, throwing arm **2×30 s** — gentle, never painful



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5 CATCH PLAY — THE PROGRESSION

BANDS FIRST. ALWAYS.

- 1 • **Wrist flicks** — throwing knee down, glove elbow up · 10 ft 10
- 2 • **One knee** — chest turned, no lower half to hide behind · 20–25 ft 10
- 3 • **Feet set / rocker** — direction, front side, glove pull · 35–45 ft 10
- 4 • **Shuffle throws** — momentum, back hip pushes · 55–70 ft 10
- 5 • **Stretch it out** — fresh arm only, never the day after you pitched · 150–200+ ft 12–15
- 6 • **Pull-downs** — walk in, throw on a line with intent · 60–90 ft 8–10
- 7 • **Finish** — five accuracy throws, chest high · 60 ft 5

Non-negotiables: four-seam every throw · throw to the chest · front foot at the target · elbow at or above the shoulder · thumb down out of the glove · glove pulls to the chest · finish over the front side · **no lazy throws, nobody walks**

6 LIFT — 2–3× A WEEK

2× PER WEEK IN-SEASON · 3× PER WEEK IN THE OFF-SEASON

DAY A • Post & Push — MB rotational scoop toss **4×5/side** · DB RDL **3×8** · Single-arm DB bench **3×8/arm** · Split squat **3×8/leg** · Banded scap row **3×12** · Pallof press **3×10/side** · Dead bug **3×10**

DAY B • Jump & Pull — MB shot-put **3×5/side** · Broad jump **3×4** · Lateral bound **3×5/side** · Goblet squat **3×8** · Single-leg RDL **3×8/leg** · Chin-up **3×5–8** · DB row **3×10/arm** · Pull-aparts **3×15** · Suitcase carry **3×40 yd/side**

Throws and jumps **first**, fresh. Then strength. Then core. **Never lift the day of a game.**

Move it fast · **never to failure** · pull more than you push · log every session

7 THE FIVE CHECKPOINTS & THE CUES

ONE THOUGHT AT A TIME

- 1 • **THE LOAD** — back blade pulls to the spine, hands quiet, barrel 45°, no wrap **“Pull the bow — don’t push the arrow.”**
- 2 • **POSTURE** — real hinge, same tilt from load to contact, chest over the zone **“Set the tilt — keep the tilt.”**
- 3 • **THE POST** — front leg firms to a straight brace, hips fire against it **“Land, then post.”**
- 4 • **THE TURN** — barrel turns behind the hands, enters deep, stays long **“Turn it behind you.”**
- 5 • **THE ENGINE** — ground → hips → torso → barrel. Hands fire last. **“Hips go — the scap waits.”**

Compete round score: hard contact + posture held = **2** · hard contact = **1** · top/roll-over/chop = **0**. Two rounds of 8 — **16 is a perfect round, 32 a perfect session. Beat your last total.**

The reset routine: step out → one breath (in 4, out 6) → one dry rep with your cue → step back in.

8 NON-NEGOTIABLE, EVERY GAME

THE EFFORT STANDARD

90 feet, every time. Two outs, down six — you run it out.

On and off in 30 seconds. Nobody jogs on this diamond. Ever.

On the fence when you're not in the game. The bench is a position — play it.

Know your job on every pitch. Back up the base. Know the relay before it's hit.

Full-speed physical mistakes are free. We never punish effort. We hold the line on hustle, focus, preparation and attitude — those are choices.

CORE VALUES **FAITH · GROWTH · GRIT · GRATITUDE · CHARISMA**