



SOUTHSIDE PROSPECTS
COMPETE · DEVELOP · EXCEL

HIGH SCHOOL
17/18 · FALL 2026

THE PROSPECT STANDARD

PLAYER HANDBOOK

Everything in this book is a choice. Not talent — **a choice**. How early you show up, how you're dressed, how hard you run to first with two outs down six, whether you took your fifteen minutes today when nobody was watching. **We don't hold the line on results. We hold the line on the things you control** — and the results follow the guys who never give one back.

FAITH

GROWTH

GRIT

GRATITUDE

CHARISMA

PROGRAM

High School · 17/18 · Fall 2026

PRACTICE

Tuesdays 7:30 – 9:00 PM
Center STL · 6727 Langley Ave

DOCUMENT NO.

SSP-PDH-HS-2026 · v1.0

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HITTING DEVELOPMENT

Powered by M4P
Movement → Metrics → Results™



START HERE

HOW TO USE THIS BOOK

This is not a rulebook you read once and stick in the bottom of your bag. It is the operating manual for the parts of your development that happen when a coach isn't standing next to you — which is most of them. **Team practice is where we sharpen. This book is where you get built.**

READ IT ONCE, FRONT TO BACK

Twenty minutes, this week. You need the whole picture before the daily pieces make sense.

THEN LIVE IN FOUR PAGES

The Daily 15, the Mobility 10, catch play, and your two lift days. That's 90% of the work.

KEEP THE CARD IN YOUR BAG

The Daily Minimums card is the short version. Laminate it — it lives with your batting gloves.

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A WORD TO PARENTS

The fastest way to help is to protect three things: **sleep, food, and the fifteen-minute home block.** Those move the needle more than extra volume, extra teams, or extra opinions. Let the coaching staff be the only swing voice — one thought at a time — and ask **“what was your cue today?”** instead of “did you hit it hard?” It keeps him thinking about process instead of defending results.

THE WHOLE BOOK IN ONE LINE

“Do the small thing, on the day you don't feel like it.”



WHO WE ARE

OUR FIVE CORE VALUES

Five words. They're not a poster — they're the filter every decision in this program goes through, including the ones about playing time. **You can be coached on all five.** None of them require an ounce of talent.

01 FAITH

Belief that shows up before the proof does. Faith in the work you can't see paying off yet, faith in the brother next to you, faith in the plan when you're 0-for-3 — and, for those who carry it, faith in something bigger than a baseball game. Faith is what lets you take a confident swing on an 0-2 pitch.

WHAT IT LOOKS LIKE HERE • You take a good, committed swing when you have every excuse to take a defensive one.

02 GROWTH

You are not your last at-bat. The only score that matters over a season is the gap between the player who showed up in August and the one who walks off in October. Chase the version of you that hasn't happened yet — and be willing to look bad for a week while you build him.

WHAT IT LOOKS LIKE HERE • You ask the question instead of nodding. You keep the new feel for a full week before you judge it.

03 GRIT

Doing it right when it's 97 degrees, when you're tired, when the game is out of hand, when nobody is watching. Grit isn't yelling. It's the eleventh sprint looking exactly like the first one.

WHAT IT LOOKS LIKE HERE • The seventh-inning sprint out of the dugout is identical to the first-inning sprint.

04 GRATITUDE

Somebody paid for this. Somebody drove you. Somebody dragged the field at 6 a.m. and somebody is standing behind the plate in 95-degree gear for gas money. You get to play a game. Act like it's a privilege, because it is one.

WHAT IT LOOKS LIKE HERE • Helmet picked up, dugout cleaner than you found it, "thank you" to the ump, the coach, and your ride.

05 CHARISMA

Be the guy other people want in the dugout. Energy is a skill, it's contagious, and it's completely free. Nobody has ever been cut for bringing too much life to a team — and everybody remembers the guy who did it on the days he wasn't playing.

WHAT IT LOOKS LIKE HERE • You're the loudest voice for your brothers on the day you're not in the lineup.

WHY IT'S FIVE AND NOT FIFTY **"Character is the tool that makes every other tool trainable."**



NON-NEGOTIABLES

THE STANDARD

Twenty-five items. They are posted at every game and they do not move. **Infractions are paid in sprints or HIIT** — on the spot or at the next practice.

- 1 BE EARLY**
15 min before practice — dynamic warmup starts then. 1 hr 15 min before games, at the field or cages, cleats tied, ready to move. Every 5 minutes late = a sprint.
- 2 ATTITUDE**
Bring a great one, every day. A bad attitude runs.
- 3 30 SECONDS**
On and off the field in 30 seconds. Sprint in, sprint out.
- 4 PASSED BALLS**
Block it. Keep everything in front of you.
- 5 STRIKEOUT LOOKING**
Go down swinging — never watching.
- 6 NO JOGGING**
Nobody jogs on this diamond. Ever.
- 7 PROTECT YOUR BROTHERS**
Zero slander or negative talk toward a teammate.
- 8 WALKS**
Pitchers attack the zone. Free bases run.
- 9 MENTAL MISTAKES**
Know where the next play is before the pitch. Full-speed physical mistakes are part of baseball — mental ones run.
- 10 TALKING BACK**
To any coach. Not once.
- 11 TWO-OUT WALKS**
Never give in with two outs. Finish the inning.
- 12 MISSED SIGNS**
Know them. Look for them. Every at-bat, every pitch.
- 13 DUGOUT CLEAN**
No trash left behind. We leave it better than we found it.
- 14 DUGOUT IS FOR PLAYERS** **PARENTS**
No parents in the dugout, no food deliveries. Players pack their own food and drinks — no fast food. Food is our fuel.
- 15 NO ALCOHOL AT GAMES** **PARENTS**
Period.
- 16 UMPIRES** **PARENTS**
Players and parents never talk to umpires. That is the coaches' job — leave it to us.
- 17 LET US COACH** **PARENTS**
No mechanics from the stands. One voice. Interference with your son's development slows it down.
- 18 THROW STRIKES**
Pitchers live at 50%+ strikes in every outing.
- 19 RESPECT THE EQUIPMENT**
Helmets, bats, and gloves are never thrown.
- 20 NO PHONES**
Never out in the dugout. Be where your feet are.
- 21 DO YOUR JOB**
Back up your base, cover your responsibility — every player has a job on every pitch.
- 22 KNOW THE COUNT & OUTS**
At all times. No excuses.
- 23 CALL THE BALL**
Every pop fly gets a loud voice. Silence causes collisions.
- 24 ON THE FENCE**
Locked in, loud for your brothers, in the game — even when you're not in the game.
- 25 HIT THE CUTOFF**
Know the relay before the ball is ever hit.

WHAT WE NEVER PUNISH

Effort, and full-speed physical mistakes. Dive for a ball and miss it — that's a play we make in October. Swing hard and miss — good. We hold the line on **hustle, focus, preparation, and attitude**, because every one of those is a choice. Parents: thank you for helping us hold it.



CONDUCT

HOW WE SHOW UP

You are a Southside Prospect from the second you get out of the car. **Before you throw a single ball, you have already told everyone at that field who we are.**

THE UNIFORM — PRACTICE AND GAMES

- **Jersey — red or black Prospects.** Tucked in, always. New players who don't have theirs yet: plain black, red, or white fitted athletic shirt. No other colors, no other logos.
- **Baseball pants — grey or white.** Not shorts. Not sweats. Baseball pants.
- **Belt — red or black.** Worn, every time. A belt takes four seconds and it's the fastest tell between a team and a group of kids.
- **Hat on straight.** Bill forward. Not flipped, not backward, not sideways, not on the back of your head.
- **Cleats or turfs — laced and tied before you're on the line.** Not while the dynamic is starting.
- **No jewelry.** Chains, bracelets, earbuds — in the bag.

ARRIVAL

- **Practice — 15 minutes early.** That means feet on the line at **7:15** for a 7:30 practice, cleats tied, glove in hand. Not pulling into the lot at 7:15.
- **Games — 1 hour 15 minutes early,** at the field or the cages, ready to move.
- **Every 5 minutes late = a sprint.** No conversation about it, no exceptions, and it isn't personal.
- If you're going to be late or you're going to miss, **you** text a coach — not your mom. That's part of the development too.

IN THE BAG — EVERY TIME

- ☐ Glove (and a backup if you have one)
- ☐ Bat + batting gloves
- ☐ Helmet
- ☐ Catcher's gear if that's you
- ☐ **Water — 1 liter minimum, full**
- ☐ Extra shirt
- ☐ Sunscreen
- ☐ Your band set (arm care)
- ☐ This handbook or the bag card

PHONE POLICY

Your phone goes in the bag the moment you arrive and stays there. Not in your pocket, not face-down on the bench. If your family needs to reach you, they reach a coach. **Be where your feet are.**

THE DUGOUT

- Players only. No parents, no food deliveries.
- You pack your own food and drink. **No fast food** — food is fuel.
- Bags in a line, in order, on the same side.
- We leave it cleaner than we found it. Every time, home or away.
- Nobody sits down when we're at bat. On the fence.

THE STANDARD, ITEM ONE **"Be early. Everything else in this book gets easier when you are."**



THE PRE-PRACTICE 15

7:15 → 7:30

Practice starts at **7:30**. You are on the line at **7:15**. Those fifteen minutes are not a courtesy — they are the reason our practice is ninety minutes of baseball instead of seventy-five. **We warm up on our time so we can work on practice time.**

T-15:00 ● ARRIVE & SET

Bag on the fence in line, cleats tied, water out, phone away, glove in hand. You are **standing on the line** at T-15 — not walking toward it, not pulling in the lot.

T-14:00 ● THE RESET · 2 MIN

Take a knee or stand still. Box breathing — in 4, hold 4, out 4, hold 4 — six rounds. Then one sentence in your head: **"Today I'm working on ____."** That's the whole thing. Two minutes of quiet before anybody asks you for anything.

T-12:00 ● DYNAMIC WARM-UP · 7 MIN

The list on the next page. Full range of motion, no talking, no jogging. The last rep of the last sprint is a full sprint.

T-5:00 ● ARM CARE · 3 MIN

Band six-way, both arms. Then arm circles and wrist flicks. **Nobody throws before the bands.**

T-2:00 ● PARTNER UP

Find your throwing partner, get to your spots, start wrist flicks. No standing around waiting to be told.

7:30 ● PRACTICE TIME

Catch play is already live and your body is already warm. **This is what the fifteen minutes bought you.**

WHY THE WARM-UP

A warm body gets hurt less and a warm arm throws harder. That's not a theory, it's the cheapest injury insurance in the sport — and it costs you seven minutes.

WHY THE TWO MINUTES

It's the only two minutes all day when nobody wants anything from you. Use it to arrive. Guys who practice with a purpose get better faster than guys who attend.

WHY IT'S ON YOUR TIME

Every minute we spend warming up after 7:30 is a minute of ground balls, BP, and situations we don't get back. **Protect the drill time.**

IF YOU'RE RUNNING LATE

- **You** text a coach — not your mom, not a teammate. Do it as soon as you know, not from the parking lot.
- **Walk in and get to work.** Don't stop to explain, don't apologize down the line. Get your cleats on and join whatever we're doing.
- **Take your sprints without being asked.** Every 5 minutes = 1 sprint. Owning it costs you nothing; waiting to be told costs you a lot.
- Being late once is traffic. Being late three times is a decision — and it starts showing up in the lineup, because the lineup is built on trust.

GAMES — 1 HOUR 15 MINUTES

Same protocol, longer runway. Cleats tied and moving at T-75. Dynamic, bands, and catch play happen before we ever touch a bat, and BP or cage work fills the middle. **You should be sweating before the other team finishes unloading.** Nobody has ever lost a game in warm-ups, but plenty of teams have lost the first inning in the parking lot.

THE MATH "Fifteen minutes early is fifteen more minutes of baseball."



MOVEMENT PREP

THE DYNAMIC WARM-UP

Seven minutes, same order, every single time. Two blocks: **ground work in place**, then **down-and-back on the line**. Full range of motion — if it's comfortable you're not doing it right.

BLOCK 1 · IN PLACE ~3 MIN			BLOCK 2 · DOWN & BACK ~4 MIN		
MOVEMENT	REPS	HOW	MOVEMENT	DISTANCE	HOW
Bat / dowel hip-hinge	2×10	Bat on the spine — three points of contact (head, mid-back, tailbone). Push the hips back. This is the swing's posture.	Knee hug to lunge	30 yd	Pull the knee to the chest, step into a long lunge, stand tall.
90/90 hip switches	2×8	Seated, knees at 90. Switch side to side without using your hands.	Walking quad + reach	30 yd	Heel to the glute, opposite arm reaches to the sky.
Open books	2×8/side	On your side, knees stacked. Open the top arm and rotate the t-spine. Follow your hand with your eyes.	Inchworm	30 yd	Hands walk out to a plank, feet walk in.
Scap wall slides	2×10	Back to the wall. Slide the arms up and down — feel the blades move without the hands doing the work.	Lateral shuffle	30 yd × 2	Both directions. Stay low, don't click the heels.
Band pull-aparts	2×15	Arms straight, pull to the chest. Wakes up the upper back for the load and the throw.	Carioca	30 yd × 2	Both directions. Hips loose, feet quick.
Glute bridge	2×12	Two-second squeeze at the top. Ribs down.	Straight-leg scoop	30 yd	Hamstrings. Toe up, reach through.
World's greatest stretch	1×5/side	Lunge, elbow to instep, rotate up. Hold five seconds at the top.	A-skip	30 yd	Knee up, toe up, punch the ground.
			High knees → butt kicks	30 yd	Quick feet, tall posture.
			Build-up sprints	3 × 30 yd	70% · 85% · 100% . The last one is a real sprint.

RULE 1 — NO TALKING

The dynamic is work, not social hour. Seven minutes of focus sets the tone for the next ninety.

RULE 2 — THE LAST ONE IS FULL SPEED

If the first true sprint of your day happens during a live play, you were never warm. That's how hamstrings go.

RULE 3 — SAME ORDER, EVERY TIME

Routine is what lets you do it on your own before a showcase, a tryout, or a game we're not at.

WARM-UP STANDARD “Nobody jogs on this diamond — that includes the warm-up.”



DAILY WORK

THE MOBILITY 10

Ten minutes. **Every day — including off days, especially off days.** Best time is at night before bed. This is the work that keeps you on the field, and it is the single most-skipped thing in youth baseball.

MOVEMENT	PRESCRIPTION	HOW TO DO IT	WHAT IT BUYS YOU
90/90 hip switches	2×8	Sit tall, knees at 90 each side. Switch without your hands. Chest stays proud.	Hips that rotate = a swing that doesn't have to be forced.
Open books	2×8/side	Side-lying, knees stacked and pinned. Open the top arm, eyes follow the hand.	T-spine rotation. Separation lives here.
World's greatest stretch	1×5/side	Long lunge, elbow to the instep, rotate up and reach. Five-second hold.	Hips, groin, t-spine — the whole chain at once.
Couch stretch	45 s/side	Back foot up on a couch or wall, front foot forward. Squeeze the back glute, ribs down.	Undoes sitting in a desk all day. Frees the back hip to push.
Ankle rock (knee to wall)	2×10/side	Toe a few inches off a wall, drive the knee forward over the toes, heel stays down.	No ankle, no hinge, no squat, no post.
T-spine extension	2×8	Foam roller or rolled towel across the mid-back. Extend back over it, hands behind the head.	Buys you the posture you're trying to hold at contact.
Dead bug	3×10	Low back flat on the floor. Opposite arm and leg extend slowly. Breathe out on the reach.	Trunk control — what actually holds the tilt.
Glute bridge	2×12	Feet flat, two-second squeeze at the top, ribs down. Don't arch the low back.	Back-side strength for the hinge.
Wrist & forearm	30 s each	Palm up and palm down, gently pull the fingers back. Both directions.	Grip and elbow health. Cheap insurance.
Sleeper stretch — throwing arm	2×30 s	On your throwing-arm side, elbow at 90, gently rotate the forearm down. Gentle. Never painful.	Maintains internal rotation in the throwing shoulder.

CHECK IT OFF

WEEK OF _____	MON	TUE	WED	THU	FRI	SAT	SUN
MOBILITY 10							
DAILY 15 (HITTING)							
CATCH PLAY							
LIFT							
SLEEP 8+ HRS							

THE HONEST TEST

Ten minutes a day is 60 hours over a year. Nobody has ever gotten tighter, slower, or more injury-prone doing this. The reason to skip it is never a good one — it's just that nobody's watching. **That's exactly the point.**

IF SOMETHING HURTS

Mobility work should feel like a stretch, never like a pinch or a sharp pain — especially in the front of the shoulder or the inside of the elbow. Stop, and tell a coach at the next practice. Playing through arm pain is how careers end early.



THROWING

HOW WE PLAY CATCH

Catch play is **not** a warm-up. It is the most important skill rep you take all day, and it is the only part of practice where every single player gets 60+ quality repetitions of the most injury-prone motion in sports. **We treat it like the drill it is.**

THE PROGRESSION				10-12 MIN · IN THIS ORDER, EVERY TIME
#	STAGE	DISTANCE	THROWS	WHAT IT TRAINS
1	Wrist flicks — throwing-side knee down, glove elbow up at the target	10 ft	10	Four-seam spin. Wrist finishes behind and through the ball.
2	One knee — throwing-side knee down, chest turned	20-25 ft	10	Torso rotation. No lower half to hide behind.
3	Feet set / rocker — square up, small rock back	35-45 ft	10	Direction, front side, glove pull.
4	Shuffle throws — crow-hop rhythm	55-70 ft	10	Momentum and footwork. Where the legs join the throw.
5	Stretch it out — stretch out on fresh-arm days only — never the day after you pitched	150-200+ ft	12-15	Arm speed, extension, carry. Let it eat.
6	Pull-downs — walk back in, throw on a line with intent	60-90 ft	8-10	Game-speed intent at a game-speed distance.
7	Finish — accuracy	60 ft	5	Chest-high, on a line, five for five. Then you're done.

BEFORE YOU THROW		3 MIN
BAND SIX-WAY — BOTH ARMS		REPS
1 · External rotation @ 90°		1×12
2 · Internal rotation @ 90°		1×12
3 · Reverse throw		1×12
4 · Forward throw		1×12
5 · Scap row		1×15
6 · Pull-apart / retraction		1×15

THEN

- **Arm circles** — 10 each direction
- **Wrist flicks** — 20, in place, four-seam
- **Nobody throws before the bands.** Not one throw.

AFTER YOU THROW

Light band series again — 3-4 minutes, the same six movements at half tension. The post-throw set is the one that actually protects you, and it's the one everybody skips. **Never skip it the day you pitch.**

Distances are targets, not tests. Stage 5 goes up only on a fresh arm — never the day after you pitched, and never to prove something to the guy next to you.

CATCH PLAY STANDARD “There is no such thing as a warm-up throw.”



THROWING

CATCH PLAY — THE STANDARD

Ten non-negotiables and the six faults we see most. **Your partner is responsible for your development too** — call each other out, out loud, every day.

THE TEN NON-NEGOTIABLES

- 1 Four-seam grip. Every throw.** Find the horseshoe in your glove before you look up. A two-seam grip out of the glove is how a routine throw tails into the runner.
- 2 Throw to the chest.** Glove-side shoulder to the letters. If your partner has to reach, jump, or back up — that was a bad throw, no matter how hard it was.
- 3 Receive like it's a play.** Move your feet, catch it out front, two hands, and turn the ball to four-seam in the glove before you come up. Every catch is a footwork rep.
- 4 Front foot at the target.** Nose, belly button, front hip, and front foot all on the same line to your partner.
- 5 Thumb down out of the glove.** Break the hands with the thumbs down, reach back, and let the arm work up — not around.
- 1 Elbow at or above the shoulder** at foot strike. Never below it.
- 2 The glove side does work.** Lead elbow at the target, then **pull the glove to the chest.** The glove pulls your body around the front side — it doesn't just hang out there.
- 3 Finish over the front side.** Chest gets over the front knee, back leg comes through. If you're standing straight up at the finish, you threw with your arm.
- 4 Talk.** "Good throw." "One more." Catch play is where the dugout energy for the day gets built or lost.
- 5 Nobody walks.** To your spot, back from your spot, all of it.

FAULT → FIX

WHAT YOU SEE	WHAT'S ACTUALLY HAPPENING	THE FIX	GO BACK TO
Ball runs arm-side / you feel it in the front of the shoulder	Throwing across the body — the front foot lands closed	Land the front foot at the target . Chest stays closed until the foot lands, then rotates.	Stage 2 — one-knee throws
Ball is flat, no life, arm is sore	Short-arming — the arm never gets to full extension behind you	Thumb down out of the glove, reach back, arm works up , not around.	Stage 1 + slow-motion rocker throws
Velo caps out no matter how hard you try	All arm, no legs — the lower half isn't in the throw	Feel the back hip push into the shuffle. The arm is the last thing to fire.	Stage 4 with a hard shuffle
Accuracy gets worse the more you try to aim	Slowing the arm down to steer it	Pick a smaller target and throw harder . Intent fixes accuracy; guiding destroys it.	Stage 6 — pull-downs
Everything sails high	Landing on a locked front leg, or the front side flies open early	Land soft, then firm. Chest gets over the front knee at release.	Stage 3 — feet set
Elbow drops below the shoulder	Hand never gets up on time	Hand to a "waiter's tray" by foot strike. Have your partner call it out loud.	Stage 2 with a partner cue

THE PARTNER RULE

You get the partner you deserve. If your guy is throwing lazy, one-hopping you, or on his phone between rounds — say something. A partner who lets you take bad reps isn't doing you any favors.

LONG TOSS IS EARNED

Distance is a privilege you earn with clean mechanics and an honest arm. Our ceiling is 150–200+ ft on a good day — and the way back in (pull-downs) matters more for velo than the way out. **Never stretch it out on a sore arm.**



HITTING

THE FIVE CHECKPOINTS

This is our shared language. Every hitting cue you'll hear from a Prospects coach or in an M4P lesson comes back to one of these five, and **the order matters** — posture first, then the load, then the path. Each one makes the next easier.

01

THE LOAD · Bow & arrow

TARGET — The back shoulder blade **pulls in toward the spine** — that's the bowstring. The hands stay quiet at shoulder height and the barrel sets around 45° over the back shoulder. The lead arm is the arrow.

FAULT — Hands push up to the helmet or the eyes and the bat wraps behind your head. That load lives in the arms and stores nothing — it just adds distance the barrel has to travel back down.

CUE · "Pull the bow — don't push the arrow."

02

POSTURE · Set the tilt, hold the tilt

TARGET — A real hip hinge at address, and **the same spine tilt at contact that you set at load**. Chest stays over the zone the whole way through.

FAULT — Standing up through contact. Posture is the barrel's runway — lose it and the low pitch is unreachable, the contact window shrinks, and everything has to be timed perfectly.

CUE · "Set the tilt — keep the tilt."

03

THE POST · Land, then post

TARGET — The front leg firms into a **straight brace** as the hips fire. The hips need a wall to rotate against, and the front leg is the wall.

FAULT — Soft front knee at contact. The hips rotate around a leg that's still giving, so a chunk of the ground force you created never makes it into the barrel.

CUE · "Land, then post — fire the hips against the wall."

04

THE TURN · Turn it behind you

TARGET — The barrel turns **behind the hands**, enters the zone deep, levels off, and stays long through the middle. The ball just happens to get in the way.

FAULT — The barrel dumps or chops steeply out of high hands — an in-and-out path with one small window for square contact, and all your margin coming from raw hand speed.

CUE · "Turn it behind you — the ball just gets in the way."

05

THE ENGINE · Ground → hips → torso → barrel

TARGET — Back leg pushes, back heel releases, hips fire around the firm front post, the **loaded scap waits**, and then the barrel comes. Full extension through the middle.

FAULT — The arms start the swing. Your hands should be the **last** thing to fire, not the first — if they go first, the whole chain behind them is wasted.

CUE · "Hips go — the loaded scap waits."

THE QUALITY MARKER

A rep only counts if **the load is quiet** (blade pulls, hands still, no wrap) **and** the finish freeze holds the tilt you started with. Track the **percentage of clean reps**, not the number of swings — two hundred sloppy swings just make you better at swinging sloppy.



HITTING

THE DAILY 15

Fifteen minutes. **Five days a week, minimum.** No cage, no net, no partner, no bucket of balls. A bat, a mirror or a window, and a towel. This is the block that actually changes your swing — the cage confirms it.

#	DRILL	REPS	EXACTLY HOW	CHECKPOINT
1	Mirror bow-&-arrow holds	3×8	Load. Freeze. Check three things in the mirror: hands quiet at shoulder height? Back blade pulled toward the spine? Barrel around 45°, not wrapped past the helmet? Reset and go again.	The load
2	Hinge finish-freezes (dry swings)	3×8	Set the tilt, take a full-intent dry swing, and freeze the finish for two full seconds. Same spine tilt at the finish as at setup. If you had to stand up to finish it, that rep didn't count.	Posture
3	Towel-bat barrel turns	3×8	Half speed, slow motion. The barrel works behind the hands and never casts out at the ball. Use a towel, a short bat, or choke way up. Feel it — don't force it.	The turn
4	Separation dry swings	3×8	Hips go, the loaded scap waits , then turn. Stretch the rubber band before it fires. You should feel the stretch across the back and the front of the back shoulder.	The engine
5	Walk-through swings	3×8	Walk in, land, POST the front leg, then swing. Freeze at contact and look down — is the front leg a straight post or still bent?	The post

ONE SWING THOUGHT

Pick **one** per session: “pull the bow,” “keep the tilt,” “post it,” or “turn it.” Never two at once. Two thoughts is the same as none.

SAY IT OUT LOUD

Say your cue out loud before every single rep. If you can't say it, don't swing it. It sounds silly for about a day and then it's the reason it sticks.

FILM IT WEEKLY

Once a week, one set from the side. Same spot, same angle. Compare it to last week's clip. **The film shows progress before the feel does.**

EXPECT THE DIP

When you move the load out of your arms and into your body, it will feel **weaker for about a week.** That's the stretch loading — it's supposed to feel like that. Guys quit in week one and never get to week three. Trust the film, not the feel, and give it a full week before you judge it.

WHAT GOOD LOOKS LIKE AT THE END OF A MONTH

- You can hit all five drills without checking this page.
- Your first swing of the day has the calm load — not just the swing after a reminder.
- Your side-view clip from week 4 looks different from week 1, and you can point at why.
- Mishits are changing shape: fewer tops and roll-overs, more balls off the barrel to the middle.

THE RULE “Can't say it, don't swing it.”



HITTING

THE CAGE BLOCK

When you have a tee and a net — or a partner and a bucket. **Pick four stations, not nine.** Four stations done clean beats nine done fast, every time. Finish every single cage session with the compete round.

TEE STATIONS			PICK 3
DRILL	REPS	THE POINT	
No-stride scap-set tee	3×6	Set the scap first, then turn. Barrel at 45°, never past the helmet. No stride at all — you can't hide behind timing.	
Hinge-hold tee	3×6	Middle-height ball. Swing and freeze the finish 2 s. Tilt identical, start to finish.	
Deep-catch tee	3×6	Contact point set back toward your back hip. A hand-speed stab physically can't reach it — only a real turn can.	
High-tee turn drill	3×6	Tee at the top of the zone. Flat entry only — a chop cannot survive a high tee.	
Low-tee round	3×6	The posture reaches the low ball, not the hands. Same tilt.	
Two-tee ladder (low / high)	3×8	Alternate heights. Same hinge for both — the posture adjusts, not the hands.	
In / away tee ladder	3×8	Away ball deep and oppo, inside ball out front. The barrel stays in the zone for both.	
Top-hand-only turns	3×6	Choke up, top hand only. The barrel turns behind the hands and never dumps at the ball.	
Fence drill	2×8	Back to the fence, barrel just clears it. No cast, no chop.	

FRONT TOSS & BP			PICK 1
DRILL	REPS	THE POINT	
Middle-field-only round	1×8	Protect the engine. Every ball back up the middle — no pulling.	
Full-stack front toss	2×10	Hinge + scap + post + turn, all four, real speed.	
Coach-mix front toss	2×10	Locations mixed in / middle / away. The load stays identical for all three.	
Mixed-location BP	4×8	Heights and in/away mixed. Same hinge, same turn, all fields.	

THE COMPETE ROUND

ALWAYS LAST

Two rounds of eight. **Score every ball out loud** and write the number down:

RESULT	POINTS
Hard contact with the posture held	2
Hard contact	1
Top, roll-over, or chop	0

Eight balls, two points each — **16 is a perfect round, 32 a perfect session.** Write the session total in your log. The only job next time is to beat it. This is the number that tells you whether the drills are actually transferring — clean tee reps that vanish at game speed mean you stay on the same material another week.

SESSION TEMPLATE — 25 MINUTES

- 1 0–3 · Movement prep (hinge, wall slides, 90/90, pull-aparts)
- 2 3–13 · Three tee stations, **as prescribed** — say the cue before every rep
- 3 13–20 · One front-toss or BP round
- 4 20–25 · Compete round ×2, score it, write it down

IF IT FALLS APART

If the high tee gets chopped, drop back to **top-hand-only turns** and rebuild the feel. If the hands take over when we add speed, go back to the **band bow-&-arrow load** and re-stretch it. Going backward one station for ten minutes is not a setback — it's the whole method.



STRENGTH

RULES OF THE ROOM

A baseball lift is not a football lift and it is definitely not a bodybuilding workout. **We are building a body that transfers force from the ground into a barrel or a baseball, and that can do it 60 times a summer without breaking.** That goal changes everything about how we train.

THE EIGHT RULES

- 1 We train the ground, not the mirror.** Every ounce of bat speed and throwing velo starts as force pushed into the dirt. Nothing on our sheet is there because of how it looks.
- 2 Single leg over two legs.** You swing off one leg and you throw off one leg. Split squats and single-leg RDLs transfer harder than back squats for what we actually do.
- 3 Pull more than you push — about 2:1.** The shoulder that throws needs a strong upper back to slow it down. That's not bodybuilding, that's arm care.
- 4 Rotate, and resist rotation.** Med-ball throws build the rotation. Pallof presses and carries protect the spine that has to survive it.
- 1 Speed of the weight beats the weight.** Move it fast. When the bar or the dumbbell slows down noticeably, the set is over — even if you had two reps left.
- 2 Never to failure in-season.** Leave at least two clean reps in the tank. Soreness is not the goal; being available on Saturday is.
- 3 Very little overhead pressing.** It's the one pattern a throwing shoulder gets plenty of already. Landmine press if you want the pattern.
- 4 Never lift the day of a game.** Ever. And never heavy legs in the 48 hours around a start.

HOW WE RUN IT — HIGH SCHOOL

- **Frequency:** 2x per week in-season · 3x per week in the off-season. Non-consecutive days.
- **Intensity:** RPE 8 (two reps in reserve) off-season, RPE 7 (three in reserve) in-season. Never heavy legs inside 48 hours of a start.
- **Warm up first** — the same dynamic list you do at practice. Never cold.
- **Order is never optional:** throws and jumps first (fresh), then strength, then core. Power work when you're tired is just conditioning, and it builds the wrong thing.
- **Rest:** 60–90 s between strength sets. **Full recovery** (about 2 min) after med-ball throws and jumps.
- **Log every session.** Weight, sets, reps, and how it felt. If it isn't written down, it didn't happen.
- **In-season vs off-season:** in-season is about maintaining what you built — volume drops, intent stays. You do not build a new engine in September.

THE WHOLE GYM

- ☐ One pair of adjustable dumbbells
- ☐ One mini band + one long band
- ☐ One med ball — 8–12 lb
- ☐ A bench, a box, or a sturdy chair
- ☐ A pull-up bar (a doorway bar is fine)

TWO THINGS THAT BEAT ANY PROGRAM

Sleep and food. You do not grow in the gym — you grow while you sleep, using what you ate. A perfect program on six hours of sleep and a drive-thru loses to an average one on nine hours and real meals. Every time.

TRAINING STANDARD “Move it fast. Log it honestly. Show up Saturday healthy.”



STRENGTH

DAY A / DAY B

Two sessions, full body, **2× per week in-season · 3× per week in the off-season**. Everything here runs on dumbbells, bands, and a med ball. Do them in the written order — the order is the program.

DAY A · POST & PUSH ~45 MIN				DAY B · JUMP & PULL ~45 MIN			
#	EXERCISE	PRESCRIPTION	WHY IT'S ON THE SHEET	#	EXERCISE	PRESCRIPTION	WHY IT'S ON THE SHEET
1	Med-ball rotational scoop toss	4×5/side	Rotational power — first, fresh, full intent.	1	Med-ball shot-put throw	3×5/side	Separation into a firm front side.
2	DB Romanian deadlift (RDL)	3×8	The hinge. Posture muscles + back-hip push.	2	Broad jump — stick the landing	3×4	Intent from the ground.
3	Single-arm DB bench press	3×8/arm	Press without pinning the shoulder blade. Free anti-rotation.	3	Lateral bound — stick the landing	3×5/side	The front post under motion.
4	Split squat	3×8/leg	The front-leg post you brace against at contact.	4	Goblet squat	3×8	Legs that can hold a tilt.
5	Banded scap row	3×12	The bow-pull gets strong.	5	Single-leg RDL	3×8/leg	Balance + hamstring under load.
6	Pallof press	3×10/side	Resist the early spin.	6	Chin-up (band-assisted counts)	3×5–8	Lat strength decelerates the arm.
7	Dead bug	3×10	Trunk control for the tilt you're holding.	7	Single-arm DB row	3×10/arm	Pull volume. Keeps the 2:1 ratio honest.
				8	Band pull-aparts	3×15	Upper back, every session, no exceptions.
				9	Suitcase carry	3×40 yd/side	Anti-lean. Grip. Ribs down.

WARM-UP FOR BOTH DAYS — 6 MINUTES

Bat/dowel hip-hinge 2×10 · 90/90 hip switches 2×8 · Open books 2×8/side · Scap wall slides 2×10 · Band pull-aparts 2×15 · Glute bridge 2×12. **Same list as practice.**

PROGRESSION — HOW TO ADD WEIGHT

Add load only when you hit the **top of every set with clean technique and two reps to spare**. Then go up by the smallest increment you have. If the last set gets ugly, you went up too soon.

BARBELL SWAPS — ONLY WITH A WEIGHT ROOM AND COACHING EYES ON YOU

Trap-bar deadlift 3×5 for the RDL on a heavy day · **front or safety-bar squat 3×5** for the goblet · **landmine press** instead of anything overhead · **barbell bench off-season only**, with a spotter, never inside 48 hours of a start, and never at the expense of pull volume · weighted chin-ups once you can do 10 clean. **If nobody in the room can coach the lift, you don't do the lift.**



STRENGTH · TECHNIQUE

THE BIG THREE

The three lifts Connor asks about first. **Read these before your first session and again after your fourth.** Nobody gets stronger doing a lift wrong — they just get hurt slower.

SPLIT SQUAT · The front-leg post

SET UP Long stride, back heel off the ground, torso tall and stacked. Front shin roughly vertical at the bottom. Once you own the flat version, elevate the back foot on a bench.

EXECUTE Drop **straight down** — the back knee travels toward the floor, not forward. Front foot stays completely flat, pressure through the whole foot. Drive up through the front heel and mid-foot. Do not push off the back toe; the back leg is a kickstand, not an engine.

LOAD IT Bodyweight until you can do 3×8/leg with a **2-second pause at the bottom** and zero wobble. Then dumbbells at your sides.

IT'S WRONG IF

Front knee caves inward · Torso pitches forward over the front thigh · You're bouncing off the back toe · The front heel lifts at the bottom

Why baseball — This is the exact leg you brace against at contact and at foot strike. A weak post means the hips rotate around something soft and the force you made in the ground never reaches the barrel or the ball.

"Straight down — up through the front heel."

ROMANIAN DEADLIFT (RDL) · The hinge — the most transferable lift on the sheet

SET UP Dumbbells in front of the thighs, feet hip-width, **soft** knees — soft, not bent. Shoulders back, chest proud. Same three points of contact as your dowel hinge: head, mid-back, tailbone.

EXECUTE Push the **hips back** — that's the movement, not bending forward. The dumbbells ride down your legs staying in contact with them. Go until you feel the hamstrings load hard and your back is *about* to round — usually mid-shin. Stand up by driving the hips forward. Squeeze the glutes at the top; don't lean back past straight.

LOAD IT Own the bat/dowel version first — three points of contact, every rep. Then 3×8, stopping about three clean reps short of failure.

IT'S WRONG IF

Your low back rounds at any point · The knees bend down into a squat instead of the hips going back · The weight drifts away from your legs · You're leaning back at the top

Why baseball — The RDL is the hinge. The hinge is your swing posture and your back-leg push in the throw. If you only had one lift, it would be this one.

"Push the hips back — the weight rides the legs."

SINGLE-ARM DB BENCH PRESS · Press without locking the shoulder blade down

SET UP One dumbbell. Lie on the bench, both feet flat and actively driving into the floor. Free hand across your chest or gripping the bench edge — **do not let it hang off the side.**

EXECUTE Elbow at about **45°** to your body — never flared out to 90°. Lower under control all the way to the chest. Press up and slightly in. Your hips, ribcage, and shoulders stay square to the bench the whole time — the load will actively try to twist you off. Refuse. Slow down, fast up.

LOAD IT 3×8/arm at a weight where rep 8 is still clean and square. Your pull volume always exceeds this.

IT'S WRONG IF

Your hips rotate toward the loaded side · The elbow flares out to 90° · Your low back arches up off the bench · You bounce it off your chest

Why baseball — We use this instead of a barbell bench because it lets the shoulder blade move naturally on the ribcage. A barbell pins **both** blades flat against the bench — which is exactly the position a throwing shoulder doesn't want to be strong in. Bonus: it's an anti-rotation core exercise disguised as a press.

"Elbow at 45, hips square — slow down, fast up."



STRENGTH · TECHNIQUE

EVERYTHING ELSE ON THE SHEET

The rest of the movements, in the detail you need to do them alone in a garage with nobody checking your form.

MED-BALL ROTATIONAL SCOOP TOSS · The closest thing in the weight room to a swing**"Ground → hips → torso → ball."**

Stand side-on to a solid wall, feet a touch wider than your stance. Hinge and load the back hip with the ball at your back hip. Then in order: **back foot pushes** → **hips open** → **torso follows** → **arms LAST**. Throw the ball *through* the wall, not at it. Reset fully between reps — about 10 seconds. Full intent on every single one; this is a power exercise, not conditioning.

MED-BALL SHOT-PUT THROW · Separation into a firm front side**"Land, post, then throw."**

Same side-on setup, ball at the back shoulder like a shot put. Take a small stride, **POST the front leg**, and only then throw. If you throw before the front leg is firm, you'll feel it — the ball goes nowhere and you finish falling forward.

GOBLET SQUAT · Legs that can hold a tilt**"Elbows inside the knees at the bottom."**

Dumbbell held vertical against the chest, elbows tucked in. Sit straight down between your feet, chest proud. Knees track over the toes — don't let them cave. Go as deep as you can without your low back rounding; for most guys that's elbows on the inside of the knees at the bottom.

PALLOF PRESS · Resist the early spin**"Nothing moves but the arms."**

Band anchored at chest height off to your side. Hands together at the sternum. Press straight out and **hold two seconds** at full extension. The band is trying to rotate you toward the anchor — refuse. Feet planted, hips square, nothing moves but the arms.

SINGLE-ARM DB ROW · The bow-pull, loaded**"Blade first, then the elbow."**

Hinge over with a flat back, free hand on a bench. Pull the **blade toward the spine first**, then the elbow to the hip pocket. Same feeling as the bow-&-arrow load. Don't twist your torso to finish the rep — if you have to, it's too heavy.

CHIN-UP · Lat strength that decelerates the arm**"Full hang, chin over, slow down."**

Palms facing you. **Full hang** at the bottom — arms straight, shoulders active. Chin clearly over the bar at the top. A band under the feet is not cheating; kipping is. Lower slowly — the way down is half the exercise.

SUITCASE CARRY · Anti-lean, grip, ribs down**"Shoulders level, ribs down."**

One heavy dumbbell, one side. Walk tall and **do not lean away from it**. Shoulders stay level, ribs down, core braced. Walk the distance, switch sides, repeat. It looks like nothing and it's one of the best things on the sheet.

BROAD JUMP & LATERAL BOUND · The landing is the exercise**"Jump far, land quiet, stick it."**

Jump as far as you can — then **STICK IT**. Freeze the landing for a full second before you reset. Land soft on the mid-foot with a bent knee, then absorb. If you have to hop or stumble to catch yourself, that rep didn't count. Quality over distance, always.

THE UNIVERSAL RULE

If you can't do the movement well without weight, adding weight does not fix it — it just makes the flaw stronger. Film yourself from the side once a month on the RDL, the split squat, and the goblet squat. You'll fix more in one clip than in ten sessions of guessing.

IF SOMETHING HURTS

Sharp pain, joint pain, or anything in the front of the shoulder or the inside of the elbow — **stop the set**. Not the workout, the set. Tell a coach at the next practice and tell your parents that day. Nobody in this program has ever been in trouble for stopping a lift.



THE EFFORT STANDARD

PLAY EVERY MINUTE HARD

Everything else in this book is a skill you build over months. **This one is available to you at 100% today.**

90 FEET. EVERY TIME.

Ground ball to short, two outs, down six in the last inning. You run it out at full speed. It costs you about four seconds and it is the single cheapest way to become the guy every coach in the organization wants on his roster. Balls get dropped. Throws get airmailed. None of that helps you if you were jogging.

ON AND OFF IN 30 SECONDS.

Sprint out, sprint in. Nobody jogs on this diamond — not to your position, not back to the dugout, not to get your glove, not once.

BETWEEN INNINGS IS NOT A BREAK.

First step out of the dugout is a sprint. Warm-up grounders get taken like they're live, with real footwork and a real throw. That's six or seven free reps an inning that most teams throw away.

ON DECK IS A REP.

Time the pitcher. Get his rhythm and his release. Take your practice swings *on his tempo*, not yours. You're not waiting out there — you're working.

ON THE FENCE.

When you're not in the game you're standing, locked in, loud for your brothers, calling the count and the outs. **The bench is a position. Play it.** The guys who do it are the guys who get in.

KNOW YOUR JOB ON EVERY PITCH.

Back up the base. Cover the bag. Know the relay before the ball is hit. Every player has a job on every single pitch — not knowing yours is a mental mistake, and mental mistakes run.

FULL-SPEED PHYSICAL MISTAKES ARE FREE.

Dive and miss it? Good — that's a play we make in October. Swing hard and miss? Good. **We never punish effort.** Jog and miss it? That's a sprint, and you already knew that when you jogged.

WHAT "LEAVE IT ON THE DIAMOND" ACTUALLY MEANS

You will not always be the most talented player on the field. **You can always be the hardest playing one.** That's a decision you make in the car on the way there — not a feeling you sit around waiting to show up.

The scoreboard is not in your control. The umpire is not in your control. The field, the weather, the other team's pitcher, somebody else's opinion of your playing time — none of it. **Your effort is 100% in your control, 100% of the time.** That's the entire deal.

We are going to be the team other programs don't want to see on the schedule — not because we're the biggest or the most talented, but because **we don't give away a single inch for seven innings.** When the game is over you should be dirty, hoarse, and empty. If you can tell me what you saved for the ride home, we didn't do it right.



THE MENTAL GAME

BETWEEN THE PITCHES

The pitch takes about half a second. **Everything else is the space between pitches** — and that's where games are actually won and lost. This is trainable, exactly like a swing.

THE RESET ROUTINE — MEMORIZE THIS

- 1 Step out.** Physically leave the box, the mound, or the position. Break the moment.
- 2 One breath.** In for four, out for six. The long exhale is the part that works.
- 3 One dry rep with your cue.** Out loud or in your head — “pull the bow,” “post it,” “down the mound.”
- 4 Step back in.** New pitch. New at-bat. The last one is over and it isn't coming back.

Use it after every mishit, every bad call, every error. Everybody makes the mistake. Not everybody is back and ready on the very next pitch — **that's** the skill, and it's the one coaches at the next level are actually watching for.

THE 2-MINUTE RESET · THE SCRIPT

This is what you're doing at T-14:00 before every practice. It's also what you do in the car before a game.

- 1** Take a knee or stand still. Eyes closed, or soft on one spot.
- 2 Breathe:** in 4 · hold 4 · out 4 · hold 4. **Six rounds.**
- 3** Answer one question: **“What am I working on today?”** One thing.
- 4** Answer one more: **“What am I grateful for today?”** One thing.
- 5** Stand up. Go to work.

That's it. Two minutes. It is the entire difference between **practicing** and **attending**.

THE FOUR RULES OF A SESSION

- **One swing thought per round.** Never two. Two thoughts is functionally the same as none.
- **Expect the dip.** A new pattern feels weaker before it feels stronger — usually for about a week. That's the stretch loading. **Trust the film, not the feel.**
- **Reward the process.** This month, a posture-held line drive beats a stood-up rocket. The rocket is the old pattern getting away with it one more time.
- **Body language is a skill.** Slumped shoulders after a punchout tells the other dugout they've got you. Head up, sprint back, next pitch. You don't have to feel great — you have to look like a guy who's about to.

WHAT YOU CONTROL

The complete list: your effort, your attitude, your preparation, your body language, how you treat your teammates, and how you respond to the next pitch.

Everything else — the ump, the field, the weather, the other team, the lineup card, somebody's opinion of you — is **noise**. Spending energy on the noise is the most common way good players stay good instead of getting great.

AFTER THE GAME — THREE QUESTIONS, THIRTY SECONDS

1 · WHAT DID I DO WELL?

Start here. Always. You're allowed to have done something right in a game you lost, and if you can't name it you weren't paying attention.

2 · WHAT'S ONE THING I'D DO DIFFERENTLY?

One. Not five. Not a full self-critique on the drive home. One specific thing, and be able to say what you'd do instead.

3 · WHAT'S MY ONE THING FOR TOMORROW?

Turn it into the next rep. That's your cue for the Daily 15 tomorrow. The loop closes right here.

THE RESET IS THE SKILL “Everybody makes the mistake. Not everybody is back on the next pitch.”



HIGH SCHOOL LAYER

KNOW YOUR NUMBERS

At some point in the next two years a stranger is going to ask you what you throw, what you run, and what your GPA is — and you should be able to answer all three without thinking. **These are the ranges that open doors.**

They are not rules, and they are not a verdict.

POSITION PLAYER				PITCHER			
METRIC	SOLID VARSITY	COLLEGE LOOK · D2 / JUCO	HIGH-D1 LOOK	METRIC	SOLID VARSITY	D2 / JUCO / MID-MAJOR	HIGH-D1 LOOK
Exit velo (max)	85–89 mph	90–94 mph	95+ mph	Fastball velo	78–82 mph	83–88 mph	90–94+ mph
Bat speed	62–67 mph	68–73 mph	74+ mph	Strike percentage	55%+	60%+	63%+
60-yard dash	7.2–7.4 s	6.9–7.1 s	6.6–6.8 s	Off-speed	One usable pitch	One plus pitch	Two plus + a usable third
Infield velo	78–82 mph	83–87 mph	88+ mph	Command	Fastball to both sides	Two pitches for strikes in any count	Three pitches, any count
Outfield velo	80–84 mph	85–89 mph	90+ mph				
Catcher pop time	2.15–2.25 s	2.00–2.14 s	Under 2.00 s				

READ THIS BEFORE YOU READ THAT CHART AGAIN

College coaches recruit **trajectory** far more than a single number. A 2028 who throws 82 today and threw 76 last summer is a more interesting phone call than a 2027 who has been 84 for two years — because one of them is still climbing. Your job is not to hit a number by Friday. Your job is to **be measurably better in six months**, and to have the film that proves it.

And the part nobody puts on a chart: **nobody gets recruited off a number if the makeup is bad**. Coaches call your high school coach, they call your travel coach, and they watch how you act between innings at the showcase — not just during your round. Every single thing in the front half of this book is part of your recruiting profile.

NUMBERS YOU SHOULD KNOW COLD

- Your **graduation year** — lead with it in every introduction and every email subject line.
- Your **GPA**, to two decimals, and your test plan with dates. Academics are recruiting — they are what makes you affordable to a program with limited athletic money.
- Your **current** best measurables and **when** they were taken. “85 in June at PBR” beats “like 87” every time.
- Your height and weight, honestly.
- Your profile link and your best video link — memorized or in your phone's notes, ready to paste.
- Your high school coach's name and email. They will be asked for it.

GET MEASURED SOMEWHERE REAL

Numbers from a verified event — PBR, a college camp, or a HitTrax/Rapsodo session — are the ones coaches believe. Numbers from your buddy's phone radar are the ones they don't. **Get a real baseline this fall**, then re-test in the winter so you can show the climb.

WHERE WE CAN HELP

Ask Connor or Zane for a film and HitTrax baseline through M4P — side and rear view, exit velo, and a written plan off the back of it. Your Week-1 film is the only honest measuring stick you have in Week 12. **The block is won on film, not on feel.**



HIGH SCHOOL LAYER

OWN YOUR RECRUITMENT

Nobody is going to do this for you. Not your parents, not your travel coach, not your high school coach. **They can help — but the emails come from your address and the follow-ups happen on your calendar.** Coaches notice which is which, immediately.

9th ● BUILD THE BASE

Grades **are** the recruiting at this stage — a 3.7 opens more doors than a 3.0 with the same arm. Play, get strong, get one clean video on file. Don't chase.

10th ● GET SEEN, GET ORGANIZED

First real showcase or PBR event. Build a target list of 20–30 schools across three honest tiers — reach, fit, safety. Learn to write the email. Start the log.

11th ● THE YEAR

This is it. Attend camps **at your target schools**, not just big showcases — a coach who watches you for three hours on his own field is worth ten scouts in a stadium. Contact coaches directly and often. Junior grades and test scores land now.

12th ● CLOSE IT

Follow up on everything. Be realistic, be fast on the offers that actually fit, and be honest with yourself about the difference between where you want to play and where you'll **actually get on the field**.

THE VIDEO — WHAT COACHES ACTUALLY WANT, IN THIS ORDER

- **Defense first, 30–45 seconds.** Full-field angle so they can see footwork, and at least one clean throw all the way across.
- **5–8 swings.** Side view **and** open (front or rear) view. Tee **and** live. Unedited.
- **Pitchers:** 8–10 pitches from the side and from a center-field angle. Radar in the frame if you can.
- **60-yard dash** with a visible timer if you have it.
- **No music. No slow motion. No highlight editing.** A coach wants raw, and he wants to stop watching after 20 seconds if it isn't for him — let him.
- **Label everything** in the first frame: name, grad year, position, height/weight, high school, travel org, phone, email.

THE RULES OF CONTACT

- **You send it.** Not your mom, not your dad. A parent-sent email is a data point, and not a good one.
- **One school at a time.** Never a mass BCC. They can tell, always.
- **Short.** If it's longer than the box below, cut it.
- **Follow up every 3–4 weeks — with something new.** A new number, a new video, an event you'll be at. Never "just checking in."

THE EMAIL · STEAL THIS

Subject: 2028 RHP/3B · [Your Name] · Southside Prospects · [Event you'll be at]

Coach [Last Name],

My name is [Name], a [grad year] [position] at [High School] in [City, ST]. I play for Southside Prospects Baseball Club under Connor Jenkins.

I'm interested in [School] because **[one specific, real reason]** — a major you want, a coach's development record, something from a campus visit. Not "it's a great program."].

Recent verified numbers: [FB velo / EV / 60 / pop], taken at [event, month]. GPA [X.XX]. [Test score if you have one.]

Video: [link]

I'll be at [event, dates] and would appreciate the chance to talk. Thank you for your time.

[Name] · [phone] · [email] · [grad year] · [high school]

THE HONEST PART

Most of these get no reply. That is normal and it is not personal — a mid-major gets hundreds a month. **The reply rate goes up when the email is specific, the video is clean, and the number is verified.** Send the next one.



HIGH SCHOOL LAYER

ARM CARE & THROWING VOLUME

The single most common way a high school arm ends up on a surgeon's table is **too much throwing, too often, with not enough honest reporting**. Nothing in this program is worth your elbow. Nothing.

REST AFTER PITCHING			AGES 15-18
PITCHES THROWN	REST · AGE 15-16	REST · AGE 17-18	WHAT RECOVERY LOOKS LIKE
1-30 pitches	0 days	0 days	Bands the next day. Our rule is stricter than the chart: never two days in a row.
31-45 pitches	1 day	1 day	Bands and light flat ground only.
46-60 pitches	2 days	2 days	No throwing day one. Bands both days.
61-75 pitches	3 days	3 days	Full recovery protocol.
76-80 pitches	4 days	3 days	Full recovery protocol.
81+ pitches	4 days	4 days	Full recovery. Report any soreness past 48 hrs.

Daily maximums: 95 pitches at 15-16, 105 pitches at 17-18 — ceilings, not targets. Rest days per MLB Pitch Smart. Pitch Smart also caps you at 100 combined innings pitched in any 12-month period.

THE HARD RULES

- **Never pitch on consecutive days.** Not an inning, not “just to close it out.”
- **Don't catch on the days you're not pitching either.** Pitch Smart discourages the combination outright — catching is the highest-volume throwing position in the sport.
- **Bands before you throw and bands after you throw.** The after set is the one that protects you.
- **Track your pitches yourself.** Yes, a coach is counting. Count anyway — you're the one who has to live in the arm.
- **Take 4 months off competitive pitching every year** — including 2-3 continuous months off all overhead throwing. That's the Pitch Smart standard, it is the single most protective thing in the research, and it is the single most ignored.
- **No radar guns on a tired arm.** Chasing a number when you're fatigued is how mechanics break down and how tissue follows.

TELL A COACH IMMEDIATELY IF

- ☐ Pain in the **front of the shoulder** or the **inside of the elbow** — the two that matter most
- ☐ Velocity down 3+ mph at normal effort
- ☐ Command loss that doesn't feel mechanical
- ☐ Soreness that's still there past **48 hours**
- ☐ Any tingling, numbness, or a “pop” you felt
- ☐ You needed to change your arm slot to get through an outing

THE CONVERSATION NOBODY WANTS TO HAVE

You will at some point feel something in your arm during a game that matters, and you will do the math on whether to say something. **Say something.**

No coach in this organization has ever thought less of a player for pulling himself. Every one of us has watched somebody push through a summer at seventeen and lose a college career for it. There is no inning worth that, and there is no scout in the stands worth it either.

OFF-SEASON THROWING

After the fall, shut it down: **4 months off competitive pitching, with 2-3 straight months off all overhead throwing.** Keep lifting, keep moving, keep doing bands — just stop throwing. Then ramp back over 4-6 weeks before you touch a mound. **Guys who throw year-round don't get more innings; they get fewer.**



HIGH SCHOOL LAYER

FUEL & SLEEP

You do not get stronger in the weight room. **You get stronger while you sleep, using what you ate.** The lift is just the signal. This page is the part of the program most players ignore and then wonder why the numbers stall.

SLEEP — THE ONE THAT'S FREE

- **8–9 hours.** Not on the good nights — on the average night. Adolescent athletes who average **under 8** show measurably slower reaction time and a markedly higher injury rate.
- **Same bedtime, weekends included.** A consistent schedule beats a long Saturday catch-up sleep.
- **Phone out of the room.** Charge it across the room or in the kitchen. This single change is worth more than any supplement you'll ever buy.
- **The night before a tournament is the second most important night.** Two nights out is the one that actually shows up — you can't bank it the night before.

THE PLATE

- **Half** the plate vegetables and fruit.
- **A quarter** lean protein — roughly a palm-sized portion, every meal, including breakfast.
- **A quarter** carbs — rice, potatoes, pasta, bread. **Carbs are not the enemy;** they're what you run on. Add a serving on doubleheader days.
- **Eat breakfast.** Skipping it and then eating at the field is how you end up cramping in game two.
- **Trying to gain weight?** You don't need a shake — you need a **fourth meal.** Add about 500 calories of real food, consistently, for three months.

TOURNAMENT DAY PLAN

- ☐ **2–3 hrs before first pitch** — real meal. Carbs + protein, low fat, low fiber. Nothing new, nothing you haven't eaten before a game.
- ☐ **Between games** — PB&J, fruit, jerky, trail mix, rice bowl. Small and often beats one big meal.
- ☐ **Hydration** — 16–20 oz of water per hour in the heat, plus electrolytes on 90°+ days. Start drinking the **day before**, not in the parking lot.
- ☐ **The check** — pale lemonade is the target. Darker than that and you're behind; completely clear all day means back off the plain water and get electrolytes in.
- ☐ **No fast food at the field.** That's Standard #14, and it's there for a reason.

DAILY WATER

Roughly **half your bodyweight in ounces**, every day — more in August. A 160-lb player is looking at about 80 oz baseline and well over 100 on a tournament Saturday. On heavy-sweat days that water needs **salt with it**, not just more water.

SUPPLEMENTS — THE HONEST ANSWER

Whole food, sleep, and three years of consistency beat every product on the shelf, and it isn't close. Most of what's marketed to high school athletes is expensive and unregulated.

If you're going to take anything at all, that is a conversation with **your parents and your doctor** — not with a teammate, an influencer, or a guy at a supplement store. Creatine is one of the few genuinely well-studied options, and it's still a family and physician conversation first.

THE UNGLAMOROUS TRUTH **"Sleep, food, and the fifteen-minute block. That's most of it."**



PUTTING IT TOGETHER

YOUR WEEK

This is what a full week looks like when you're doing the work. **It adds up to about six hours outside of team practice** — less time than most guys spend on a phone in two days.

THE WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
TEAM PRACTICE	—	7:30 PM	—	—	6:30 opt.	—	—
DAILY 15 · HITTING	✓	—	✓	✓	✓	✓	—
MOBILITY 10	✓	✓	✓	✓	✓	✓	✓
CATCH PLAY	✓	team	—	✓	opt.	game	—
LIFT	Day A	—	Day B	—	—	—	—
CAGE BLOCK	—	—	—	✓	—	—	—
ARM CARE · BANDS	✓	✓	✓	✓	✓	✓	✓
FULL REST	—	—	—	—	—	—	REST

IF YOU ONLY DO THREE THINGS

- 1 Mobility 10 — every day.** Non-negotiable, including Sunday.
- 2 Daily 15 — four days minimum.** Even three is enough to change a swing over a month.
- 3 Lift twice.** Day A and Day B. That's it.

WHY DAY B SITS ON WEDNESDAY

Broad jumps, bounds, and single-leg work are heavy legs. With a Saturday game, Wednesday keeps you outside the **48-hour window** — Thursday does not. If your game day moves, move the lift, not the game.

SUNDAY IS A REAL REST DAY

Mobility and bands only. No lifting, no cage, no long toss. **Rest is not the absence of training — it's part of it.** The adaptation happens on the day off; the work just orders it.

IF YOU'RE DOUBLE-ROSTERED

Playing high school ball, another club, or a second sport at the same time? **Tell us.** We'll cut volume, not intent. What we won't do is let you stack three programs' worth of throwing on one arm and hope.

THE TWO-PLUS-TWO STANDARD

The ideal week for a developing player is **two team practices plus two individual instruction days**. Team practice makes you a baseball player; individual work makes you a better one. If you can only get one, get the individual day — and if you can't get either, **the pages in this book are the version of it you can do alone, for free, in a garage.** That was the whole point of writing them down.



ACCOUNTABILITY

WEEKLY LOG

Print this page and put it on your wall — not in a notes app you'll never open. **If it isn't written down, it didn't happen.** Bring it to practice on Tuesday.

WEEK OF _____	MON	TUE	WED	THU	FRI	SAT	SUN
DAILY WORK							
Mobility 10							
Daily 15 · hitting							
Cue used today							
Arm care · bands							
Sleep 8+ hrs							
BASEBALL							
Catch play							
Cage block							
Compete round total (/32)							
Game / practice							
STRENGTH							
Lift — Day A / Day B							
Hardest set (weight × reps)							
RPE 1–10							

THIS WEEK'S ONE THING

One cue. One checkpoint. Not five.

WHAT GOT BETTER

Be specific. "Hit better" isn't an answer.

WHAT I SKIPPED, AND WHY

Be honest. This box is the whole point of the page.

THE LOG RULE "Log it honestly or don't log it. A fake log is worse than none."



THE COMMITMENT

SIGN IT

Nobody is making you sign this. That's exactly why it means something.

AS A SOUTHSIDE PROSPECT, I COMMIT TO:

- 1 Showing up **15 minutes early**, dressed right, cleats tied, ready to move — every practice, every game.
- 2 Playing **every minute hard**, and leaving everything I have on the diamond.
- 3 Doing the work when nobody is watching — **the Mobility 10 and the Daily 15**.
- 4 Protecting my brothers. **Zero slander, zero negative talk**, ever.
- 5 Owning my mistakes without excuses, and being back and ready on the very next pitch.
- 6 Being coachable — **one voice, one cue, applied immediately**.
- 7 Living the five values on and off the field: **Faith · Growth · Grit · Gratitude · Charisma**.
- 8 Telling a coach the truth about my arm, my body, and my effort.

PLAYER SIGNATURE · DATE_____
PARENT / GUARDIAN SIGNATURE · DATE**WHO TO CONTACT**

PROGRAM	Connor Jenkins · Head Coach Zane Roos · Assistant
CONTACT	Connor Jenkins · cjenkins@southsideprospects.com
CLUB	southsideprospects.com
PRACTICE	Tuesdays 7:30 – 9:00 PM · Center STL, 6727 Langley Ave Fridays 6:30 – 7:30 PM (optional skills)
INDIVIDUAL	M4P lessons · movement4power.com

ONE LAST THING

Everything in this book is available to every single player in this program regardless of how much talent he was born with. Nobody in here gets to be early because of genetics. Nobody sprints on and off the field because he is tall. Nobody does the Mobility 10 because he throws 85.

The standard is the standard because anyone can meet it. That's what makes it fair, and that's what makes it worth something when you do.

COMPETE · DEVELOP · EXCEL

SOUTHSIDE PROSPECTS BASEBALL CLUB · HITTING DEVELOPMENT POWERED BY M4P · MOVEMENT → METRICS → RESULTS™