

Offseason-  
Program workout/Practice sessions  
Weekly class meetings  
Seniors lead each of the sessions.

Week 1

WO:

Measurements and tests

Meeting:

Standards vs. Rules

Week 2:

WO:

Mobility training, Conditioning lifting, plyometrics

Meeting:

Be the first to serve and the last to be served

Week 3:

WO:

Mobility, J-Bands, Plyos, Condition Liftings

Meeting:

All roles have equal value

Week 4:

WO:

J-Bands, plyos, Conditioning lifting, Throwing Program

Meeting:

Be the first to lead by example the last to break from team standards

Week 5:

WO:

J-bands, plyos, pyramid lifting, Throwing program, Tee work

Meeting:

Play with Poise

Week 6:

WO:

J-bands, Plyos, Pyramid lifting, Throwing program, Tee work, speed work

Meeting:

Be an example of excellence

Week 7:

WO:

J-bands, plyos, pyramid lifting, throwing program, tee work, front toss, speed work

Meeting:

Communicate all the times

Week 8:

WO:

J-bands, Plyos, Heavy lifting, Throwing program, Tee work, speed work

Meeting:

Praise others

Week 9

WO:

J-bands, Plyos, Heavy lifting, Throwing program, Tee work, Front toss, speed work

Meeting:

Confidence vs. Arrogance

Week 10:

WO:

J-bands, Plyos, Heavy lifting, Throwing program, Tee work, Overhand toss, speed work

Meeting:

Be loyal to coaches and teammates

Week 11:

WO:

J-bands, Plyos, Heavy lifting, Throwing program, Tee work, Overhand toss, speed work

Meeting:

Confront violations of team standards

Week 12:

J-bands, Plyos, Max Week/Testing, Throwing program, Tee work, Overhand toss, speed work

Meeting:

Encouragement of all teammates