| **Environment** | **Day 1** | **Day 2** |
| --- | --- | --- |
| [Bat Speed](https://docs.google.com/presentation/d/1e0WHQJ2UUjIwFbQ3pmrzxg8m_FmaPwEbuQJqVhr3Uis/edit?usp=sharing) | | |
| Flips, short BP if available  *Default to Tee if you need to* | [45 Degree Drill](https://www.youtube.com/shorts/i6_BSxDi99U)  [No Stride, 1,2,3 rhythm Drill](https://www.youtube.com/shorts/cihVF_All0k)  [PVC Stop Swing](https://www.youtube.com/shorts/s5EWh9clV2E) | [45 Degree Drill](https://www.youtube.com/shorts/i6_BSxDi99U)  [No Stride, 1,2,3 rhythm Drill](https://www.youtube.com/shorts/cihVF_All0k)  [PVC Stop Swing](https://www.youtube.com/shorts/s5EWh9clV2E) |
| Short BP | Hunt Heaters, Hit the ball HARD. | Runner on 3B, Infield In, Hit the Ball Hard to the OF |
| Live/Machine | If Available | If Available |

If you’re able to hit a 3rd day you should, If you have access to a machine, work on high velo at least once per week.

**Who Wrote this Report?**  
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**Next Steps**

**Week 1 - 4**Execute the drills to the best of your ability. Work on your own to make adjustments and do them as close to the videos as possible.   
  
**Week 5 - 8**  
Reach out to Dan Kennon for “form checks.” In this phase, we’re going to work to be the very best we can be at these three drills before moving on to additional drills that have more complexity

**Week 9 - 12**

If you’ve been consistent, done your form checks, had conversations with Dan and are executing your routine well. Reach out and we’ll add additional drills, movement prep, approach training, or more depending on what makes sense. You need to be proactive, and consistent before getting “more”