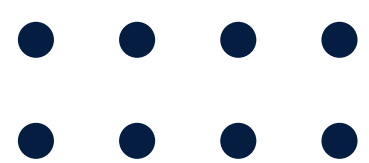




TOP DOG SOFTBALL WINTER

#BeTheTopDog

10u & 12u ACADEMY



WINTER OVERVIEW

WHAT IS THE WINTER TRAINING PERIOD?	2
GOAL MEETING	2
TEACHING RULES / SITUATIONS PROGRESSION	2
LIVE SESSIONS	3
CONDITIONING	3
WINTER TRAINING GAME SCHEDULE	4
THROWING PROGRAM	4

10u & 12u ACADEMY



Top Dog Baseball

Top Dog Athletics
#BeTheTopDog

Top Dog Softball

WHAT IS THE WINTER TRAINING PERIOD?

The **Winter Training Period** takes Top Dog teams and athletes through the months of December, January, and February. The purpose of the **Winter Training Period** is to prepare all athletes for the grind that comes with Spring and Summer competition. During this period Top Dog athletes will prepare mentally and physically.

The physical expectation that comes in execution, their pace of play, and their overall physical conditioning to take them through a tournament weekend will be pushed.

The mental capacity will be pushed with how much knowledge can be retained when it comes to learning situations, rules of the game, and different elements that make up offensive and defensive team success.

PRACTICES

During the **Winter Training Period** Top Dog teams will go through **3 DAYS** of practice.

Day 1: Facility Practice (Offense & Defense Fundamentals | Strength, Conditioning, Agilities)

Day 2: Field Practice

Day 3: Facility Practice (Live Hitting)

Practices are designed to be high in repetition, high in pace, and specified teaching periods to develop sport IQ.

GOAL MEETING

To start the **Winter Training Period** all Top Dog teams will have a **GOAL MEETING** with players and a follow up meeting with parents. At the **GOAL MEETING** with players coaches and players will discuss what the goals of the team are for the Spring/Summer season (example: Qualify for PGF, Finish Top 10 at specified events, etc.). After goals are set the follow up meeting with parents will be had to discuss the team's schedule, goals, and plan of action.

TOP DOG GOALS ARE S.M.A.R.T.

All Top Dog athletes will learn how to create goals using **S.M.A.R.T.**

S: SPECIFIC

M: MEASURABLE

A: ACHIEVABLE (or REALISTIC)

R: RELATIVE

T: TIME SPECIFIC

The more detailed team and athlete goals are, the more defined the path becomes and the more detailed our **PLAN OF ACTION** becomes.

TEACHING RULES / SITUATIONS PROGRESSION

Top Dog teams teach in a manner that is progressive and maximizes the ability for coaches to control the environment and maintain focus on the concepts/situations being taught. The more focus we can keep on specific concepts/situations the more we can cover those concepts/situations in detail.

CHALK TALK / WHITEBOARD

Every concept/situation starts with a Chalk Talk/Whiteboard meeting. This allows Top Dog coaches to teach the concept/situation in a classroom type manner with printed material for athletes to study. Chalk Talk/Whiteboard sessions may include: whiteboard diagrams and lecture notes, videos, group discussion, quizzes, and other typical pedagogy techniques found in a classroom setting.

WALK THRU

Once athletes have been explained the concept/situation and been given an opportunity to study it (on paper) then we take our athletes to the field and break down the process or make up of the concept/situation and how it physically plays out on the field. These sessions are very slow with low intensity, but high attention to detail.

WALK THRU sessions come with a lot of focus on movement and communication. We have to make sure our athletes understand the expectation for the movement and communication before we introduce the pace.

SIMULATED SITUATIONS

Once athletes have been exposed to the movement and communication necessary to execute or understand the concept/situation, on the field, then Top Dog teams pick up the pace. We start with simulated situations (without runners) then progress into adding runners into the situation in a randomized manner.

By the time Top Dog teams are done going through simulated situations Top Dog athletes should be able to:

- Identify the situation
- React to the situation
- Implement the necessary movements and communications
- Physically execute to completion

LIVE SESSIONS

During the **Winter Training Period** Top Dog teams start to help pitchers get into shape with Live Sessions. Live Sessions are simple 1 vs 1; hitter vs pitcher match ups. During Live Sessions Top Dog coaches are expected to track/chart pitcher and hitter stats, and monitor pitcher workloads. Pitcher and hitter stats should be utilized to help create the first set of starting lineups going into the first event of the Spring. Pitcher and hitter stats should also be sent to parents weekly so parents know where each athlete stacks up in comparison to others.

CONDITIONING

All Top Dog athletes will go through conditioning sessions and have conditioning worked into practice plans. Top Dog teams should not be beat because of physical conditioning come the peak grind of Summer where the heat picks up and games are being played all day long. Top Dog teams do not get beat because they are out of shape.

WINTER TRAINING GAME SCHEDULE

During the **WINTER TRAINING** period this is a **NO GAME** period of the year. Games will be substituted for Live Hitting Sessions, Situation Walk-Thru/Teaching, Chalk Talk, and Simulated Situations at practice. This allows Top Dog teams to maximize their teaching time while controlling the environment and making a conscious effort to monitor workloads intently. This is a period to help us prepare our athletes for competition.

THROWING PROGRAM

At this point athletes should be almost done with the **OFF-SEASON** throwing program. Drill progressions are designed to be completed as skill development, meaning Top Dog athletes will be going through these drills throwing into a BowNet or Throwing Wall **NOT** to a partner. Video demonstration of drills can be found in the Top Dog digital libraries found in The Futures App and The Dog House (topdogperformancecenter.com).

PHASES 4 & 5 (WEEKS 13, 14, 15 & WEEKS 17, 18, 19)

DRILL	REPS	DISTANCE	EFFORT %	NOTE
THROWING ASSESSMENT				
Staggered Stance	5 - 8	20 FEET	50%	Focus On The Movement
Pivot Throws	5 - 8	20 FEET	50%	Focus On The Movement
Play Catch Step & Throw	10 - 15	40 FEET	75 - 100%	Blend It Together
Long Toss	10 - 15	60 - 75 FEET	100%	Movement & Pace
1 Knee Turn & Throw	10 - 15	50 FEET	100%	Movement & Pace

PHASES 4 & 5 RECOVERY (WEEKS 16 & 20)

DRILL	REPS	DISTANCE	EFFORT %	NOTE
Play Catch Step & Throw	20 - 25	50 FEET	75 - 100%	Blend It Together

Top Dog athletes should be able to hit their target with 75% success from 50 feet.

PHASE 6 (WEEKS 21, 22, 23)

DRILL	REPS	DISTANCE	EFFORT %	NOTE
THROWING ASSESSMENT				
Staggered Stance	5 - 8	20 FEET	50%	Focus On The Movement
Pivot Throws	5 - 8	20 FEET	50%	Focus On The Movement
Load Throws	5 - 8	30 FEET	75%	Focus On The Movement
Play Catch Step & Throw	10 - 15	40 FEET	75 - 100%	Blend It Together

2 Hop To Throw	10 - 15	40 FEET	100%	Focus On The Movement
Rock & Throw	10 - 15	50 FEET	100%	Focus On The Movement

PHASE 6 RECOVERY (WEEK 24)

DRILL	REPS	DISTANCE	EFFORT %	NOTE
Play Catch Step & Throw	20 - 25	60 FEET	75 - 100%	Blend It Together

Top Dog athletes should be able to hit their target with 75% success from 60 feet.

This throwing program should take Top Dog Athletes from September to the end of February.