

# SOCK PROGRAM

**When throwing ball in a sock- throw this 4 feet away and into a net- Do not throw to a catcher.**

*Biggest gains for us have been with kids in low 50's. Gains of 5-8 mph on some of our better kids. 1-2 mph gains for kids in high 50's*

## **Week 1 – SOCK PROGRAM**

75-80% speed Warm up 18 times with regular ball

100% speed 9 times with regular ball

100% speed 36 times with ball in bag or sock – *(4 feet away into net) split into 3 sessions*

100% speed 9 times with regular ball

## **Week 1 - SOCK PROGRAM**

75-80% speed Warm up 18 times with regular ball

100% speed 9 times with regular ball

100% speed 36 times with ball in sock – *(4 feet away into net)*

100% speed 9 times with regular ball

## **Week 1 - SOCK PROGRAM**

75-80% speed Warm up 18 times with regular ball

100% speed 9 times with regular ball

100% speed 36 times with ball in sock- *(4 feet away into net) split into 3 sessions*

100% speed 9 times with regular ball

## **Week 2 – SOCK PROGRAM**

75-80% speed Warm up 18 times with regular ball

100% speed 9 times with regular ball

100% speed 36 times with ball in sock- *(4 feet away into net) split into 3 sessions*

100% speed 9 times with regular ball

## **Week 2 – SOCK PROGRAM**

75-80% speed Warm up 18 times with regular ball

100% speed 9 times with regular ball

100% speed 36 times with ball in sock- *(4 feet away into net) - split into 3 sessions*

100% speed 9 times with regular ball

## **Week 2 – SOCK PROGRAM**

75-80% speed Warm up 18 times with regular ball

100% speed 9 times with regular ball

100% speed 36 times with ball in sock- *(4 feet away into net) split into 3 sessions*

100% speed 9 times with regular ball

### **Week 3 – SOCK PROGRAM**

75-80% speed Warm up 18 times with regular ball

100% speed **10** times with regular ball

100% speed **40** times with ball in sock- (*4 feet away into net*) split into 3 sessions

100% speed **10** times with regular ball

### **Week 3 – SOCK PROGRAM**

75-80% speed Warm up 18 times with regular ball

100% speed 10 times with regular ball

100% speed 40 times with ball in sock- (*4 feet away into net*) split into 3 sessions

100% speed 10 times with regular ball

### **Week 3 – SOCK PROGRAM**

75-80% speed Warm up 18 times with regular ball

100% speed 10 times with regular ball

100% speed 40 times with ball in sock- (*4 feet away into net*) split into 3 sessions

100% speed 10 times with regular ball

### **Week 4 – SOCK PROGRAM**

75-80% speed Warm up 18 times with regular ball

100% speed 10 times with regular ball

100% speed **42** times with ball in sock- (*4 feet away into net*) split into 3 sessions

100% speed 10 times with regular ball

### **Week 4 – SOCK PROGRAM**

75-80% speed Warm up 18 times with regular ball

100% speed 10 times with regular ball

100% speed **42** times with ball in sock- (*4 feet away into net*) split into 3 sessions

100% speed 10 times with regular ball

### **Week 4 – SOCK PROGRAM**

75-80% speed Warm up 18 times with regular ball

100% speed 10 times with regular ball

100% speed **42** times with ball in sock- (*4 feet away into net*) split into 3 sessions

100% speed 10 times with regular ball

### **Week 5**

75-80% speed Warm up 18 times with regular ball

100% speed **11** times with regular sock

100% speed **44** times with ball in SOCK – last 14 use 11” ball in SOCK at 100% (*4 feet away*)

100% speed **11** times with regular ball

### **Week 5**

75-80% speed Warm up 18 times with regular ball

100% speed 11 times with regular ball

100% speed 44 times with ball in SOCK - last 14 use 11” ball in SOCK at 100% (*4 feet away*)

100% speed 11 times with regular ball

**Week 5**

75-80% speed Warm up 18 times with regular ball

100% speed 11 times with regular ball

100% speed 44 times with ball in SOCK - last 14 use 11" ball in SOCK at 100% (4 feet away)

100% speed 11 times with regular ball

**Week 6**

75-80% speed Warm up 18 times with regular ball

100% speed 11 times with regular ball

100% speed **46** times with an 11" ball in SOCK (4 feet away)

100% speed 11 times with regular ball

**Week 6**

75-80% speed Warm up 18 times with regular ball

100% speed 11 times with regular ball

100% speed 46 times with an 11" ball in SOCK – last 18 a regular ball in a sock (4 feet away)

100% speed 11 times with regular ball

**Week 7**

75-80% speed Warm up 18 times with regular ball

100% speed **12** times with regular ball

100% speed **48** times with an 11" ball in SOCK – last 18 a regular ball in a sock (4 feet away)

100% speed **12** times with regular ball

**Week 7**

75-80% speed Warm up 50 times with regular ball

100% speed 12 times with regular ball

100% speed 48 times with an 11" ball in SOCK – last 18 a regular ball in a sock (4 feet away)

100% speed 12 times with regular ball

**Week 8**

75-80% speed Warm up 50 times with regular ball

100% speed 12 times with regular ball

100% speed 48 times with an 11" ball in SOCK in all three sessions (4 feet away)

100% speed 12 times with regular ball

**Week 8**

75-80% speed Warm up 50 times with regular ball

100% speed 12 times with regular ball

100% speed 48 times with an 11" ball all three sessions (4 feet away)

100% speed 12 times with regular ball