



WINTER WARRIORS PROGRAM

WINTER 2026



OVERVIEW

- Eight (8) Week Program @ The Hit Mill – Rock Hill, SC
- **Dates**
 - ❑ Wednesday January 7th – Saturday February 28th
- **12U & Younger**
 - ❑ Wednesdays 5:30 PM – 6:45 PM
 - ❑ Saturdays 1:00 PM – 3:00 PM
- **14U & Older**
 - ❑ Wednesdays 6:45 PM – 8:00 PM
 - ❑ Saturdays 9:00 AM – 11:00 AM
- **Program Director**
 -  KaDedra (KD) Temple
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804.238.1828



COSTS

- **Without The Hit Mill Membership**
 - ❑ \$30 per session per player
- **The Hit Mill Members**
 - ❑ \$24 per session per player

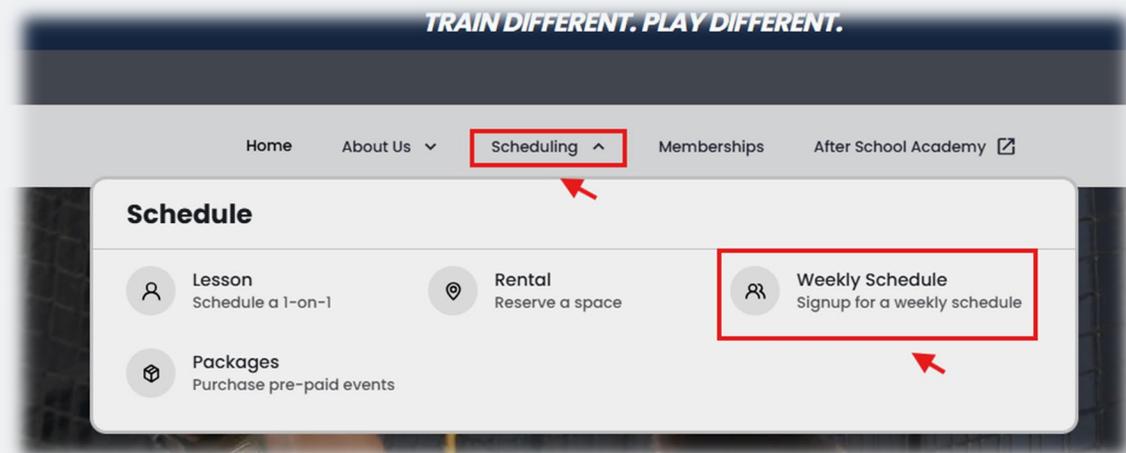


HOW TO REGISTER

1. Navigate to:
<https://the-hit-mill.statstak.io/>



2. Click on **Scheduling** -> **Weekly Schedule**





HOW TO REGISTER - CONTD

3. Select each date and program from the options on that date. *There is no option to select all dates; register for each date individually.*

A screenshot of a registration interface for January. At the top, a calendar view shows the days of the month. Wednesday, January 7th is highlighted with a red box. Below the calendar, the text "Events on Wednesday, January 7" is displayed. A list of events follows, each with a "Sign up" button. Two event rows are highlighted with red boxes: the 5:30 pm event and the 6:45 pm event.

Day	Events
Sun 4th	0 events
Mon 5th	7 events
Tue 6th	6 events
Wed 7th	6 events
Thu 8th	7 events
Fri 9th	4 events
Sat 10th	4 events

Events on Wednesday, January 7

Time	Spots Left / Member Exclusive	Event Name	Organizer	Action
3:30 pm - 4:30 pm	12 spots left / member exclusive	ASA Youth Hitting Class	Francis Grullon	Sign up
4:30 pm - 5:30 pm	12 spots left / member exclusive	ASA Youth Fielding Class	Francis Grullon	Sign up
5:30 pm - 6:45 pm	30 spots left / member exclusive	Winter Warriors W/ Palmetto Heat (8u - 12u)	KaDedra Temple	Sign up
5:30 pm - 6:30 pm	12 spots left / member exclusive	ASA Youth Fielding Class	Francis Grullon	Sign up
6:30 pm - 8:30 pm	19 spots left / member exclusive	D1 Offseason Blueprint	Ben Boykin, Chris Jackson, Francis Grullon	Log In to sign up
6:45 pm - 8:00 pm	30 spots left / member exclusive	Winter Warriors W/ Palmetto Heat (14u - 16u)	KaDedra Temple	Sign up

WEEK 1: FOUNDATIONS & INTRO

#PURPOSE

Build a strong baseline of fundamentals in hitting, throwing, footwork and diving.



• Highlights

- Assessments & fundamental drills to set baselines
- Intro to safe diving techniques
- Footwork, live fielding and hitting mechanics
- Mindset Focus: Understanding positions and fundamentals
- Goal:** Establish a solid foundation for skills and confidence for the season ahead

Assessments & Fundamentals Wednesday Jan 07

- Dynamic warm-up (to be completed daily - position drills & body movements)
- Hitting baseline (tee & hand path)
- Coach Kyle's Velo Program Day 1 week 1
- Throwing baseline (strength and patterns - how can we improve or be more consistent)
- Footwork: infield footwork & outfield footwork
- Diving Skills: Intro to safe dives on mats (lateral & forward rolls)
- **Live Component:** Coach hit balls → players react & field
- **Competition/Drill:** Mini fielding relay to reinforce fundamentals
- **Chalk Talk:** Overview of player positions, key fundamentals, and mindset shifts for practice
- **Speed/Agility:** (10 yd split and triple broad jump distance) Plyometrics + Racing/Chasing + Core

Mechanics & Diving Skills Saturday Jan 10

- Tee & front toss hitting
- Throwing progression
- Defensive Agility cones
- Directional hitting: Driving through the ball (finish & hip rotation)
- Coach Kyle's Velo Program Day 2 week 1
- **Competition/Drill:** Hitting accuracy challenge to encourage power + control
- **Chalk Talk:** Understanding hitting mechanics and plate approach
- **Strength & Coordination:** Isometrics/Dumbbell Movements

WEEK 2: DEFENSIVE DEVELOPMENT & DIVING

#PURPOSE

Improve defensive skills, arm strength and diving technique.



• Highlights

- Glove work: short hops, forehand/backhand
 - Outfield tracking & crow-hop throws
 - Dive stops & diving-to-throw drills
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- Live ground balls and rapid-fire drills
 - Goal:** Develop accuracy, reaction speed and defensive awareness.

Glove Work & Footwork Wednesday Jan 14	Arm Strength & Accuracy Saturday Jan 17
<ul style="list-style-type: none"> • Short hops, forehand/backhand • Outfield angles/tracking & crow-hop throws • Diving Skills: Dive stops for routine play, proper glove placement • Live Component: Live groundballs & rapid-fire throws • Competition/Drill: Infield/outfield race drills to develop speed & accuracy • Chalk Talk: Positioning, reads, and proper reactions • Coach Kyle's velo program Day 1 week 2 • Speed/Agility: Broad Jump/SL Jumps/ More racing and chasing 	<ul style="list-style-type: none"> • Modified indoor long toss • Relay throws • Throwing Skill: Crow-hop power throws • Diving Skills: Dive + throw drill (field low ball → roll-over → throw) • Live Component: Live grounders at game speed • Competition/Drill: Relay throw contest focusing on arm strength + accuracy • Chalk Talk: Situational defense overview (rundowns, cutoffs, throw selection) • Coach Kyles Velo Program Day 2 week 2 • Strength & Coordination:

WEEK 3: DRIVING THE BALL & DIVING INFIELD

#PURPOSE

Enhance hitting mechanics, barrel control and infield diving skills.



• Highlights

- Tee and soft toss hitting; power through the ball
 - Dive stops on short hops with proper glove placement
 - Live front toss and machine pitches
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- Hitting accuracy and contests & timed infield drills
 - Goal:** Strengthen offensive consistency and reactive fielding

Hitting & Barrel Control Wednesday Jan 21	Power Development Saturday Jan 24
<ul style="list-style-type: none"> • Two-tee path drills, soft toss for timing • Hitting Skill: Power through the ball (launch angle focus) • Exit velo program Day 1 week 3 • Diving Skills: Dive stops on short hops, glove placement focus • Live Component: Live front toss hitting • Competition/Drill: Hitting accuracy contest; timed infield grounders • Chalk Talk: Offensive approach 	<ul style="list-style-type: none"> • Exit Velo Program Day 2 week 3 • Driving Skill: Drive middle 1/3 of plate • Diving Skills: Roll + dive progression (forehand/backhand) • Live Component: Machine pitches at live speed • Competition/Drill: Power hitting rounds with point scoring for quality contact • Chalk Talk: Understanding driving mechanics and situational hitting • Strength & Coordination:

WEEK 4: SPEED, OFFENSE IQ & DIVING

#PURPOSE

Build speed, baserunning intelligence, and situational offensive skills.



• Highlights

- Base-running simulations and timed relays
 - Diving for low-fielding plays and slides
 - Situational hitting and RBI contests
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- Plate strategy and pitch recognition
 - Goal:** Improve decision-making, speed, and offensive impact in game scenarios

Speed & Agility Wednesday Jan 28	Situational Offense Saturday Jan 31
<ul style="list-style-type: none"> • Base-running simulation, reaction sprints • Diving Skills: Dive into base (sliding mats), low-fielding dives on short hops • Live Component: Live baserunning vs. catcher • Competition/Drill: Timed base-running relay; first-to-base races • Chalk Talk: Baserunning decisions & reading defenders • Coach Kyle's Exit Velo program Day 1 week 4 	<ul style="list-style-type: none"> • Slap/power hitting drills • Driving Skill: Drive backside / inside pitch • Exit velo program Day 2 week 4 • Live Component: Live situational at-bats • Competition/Drill: RBI contests, hitting with pressure scenarios • Chalk Talk: Offensive situational awareness, pitch recognition and plate strategy • Strength & Coordination

WEEK 5: POSITION WORK + DIVING + LIVE

#PURPOSE

Focus on position-specific skills with live game scenarios.



• Highlights

- Infield/Outfield footwork, crow-hop throws, and dive stops
 - Catcher & pitcher specialty drills
 - Live defensive rounds with scoring
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- Quick reaction drills for real game situations
 - Goal:** Strengthen positional fundamentals and live game readiness

Infield/Outfield Splits Wednesday Feb 4	Specialty Work Saturday Feb 7
<p>Infield:</p> <ul style="list-style-type: none"> • DP footwork, grounders • Diving Skills: Dive stops for slow rollers, short hops • Live Component: Live ground balls at game speed • Competition/Drill: Quick reaction fielding drills with scoring points for clean plays <p>Outfield:</p> <ul style="list-style-type: none"> • Crow-hop throws, angles & reads • Diving Skills: Dive catches along wall/net safely • Competition/Drill: Long-drive fielding challenges • Speed & Agility 	<ul style="list-style-type: none"> • Catchers: Blocking/diving • Pitchers: Location & spin mechanics • Position Players: Open BP, Velo Program day 2 week 5 • Live Component: Live bunts & situational defense • Diving Skills: Dive + quick throw for corner plays • Competition/Drill: Live defensive rounds; reward quick, accurate plays • Chalk Talk: Situational defense: bunt coverage, cutoffs, relays • Strength & Coordination: DB movements / SL movements / Hand Eye

WEEK 6: GAME SPEED & LIVE PRESSURE

#PURPOSE

Practice at full speed under competitive pressure.



• Highlights

- Live infield defense vs. speed runners
 - Competitive hitting with mixed pitch types
 - Diving for sharply hit balls and slaps
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- Speed/agility variations and EXIT Velo program
 - Goal:** Develop composure, quick decision-making, and consistency under pressure.

Live Defense Wednesday Feb 11	Competitive Hitting & Live AB's Saturday Feb 14
<ul style="list-style-type: none"> • Reaction throwing, rundowns • Diving Skills: Quick dive stops for infielders, low grounders • Live Component: Live infield vs. speed runners • Competition/Drill: Game-speed fielding challenges • Speed & Agility: Sprint variations and Agility Cones + EXIT VELO PROGRAM 	<ul style="list-style-type: none"> • Indoor warm-up, front toss & soft toss • Driving Skill: Drive through ball in competitive rounds • CONTINUE EXIT VELO PROGRAM DAY 2 week 6 • Live Component: Full live ABs, pitch mix (fastball + off-speed) • Diving Skills: Diving to stop slaps or sharply hit ground balls • Competition/Drill: Pressure ABs with point system for quality contact • Chalk Talk: Offensive

WEEK 7: PRESSURE SITUATIONS & LIVE GAME IQ

#PURPOSE

Train situational awareness and execution under high-pressure conditions.



• Highlights

- ❑ Corners in, first-and-third, outfield cut-offs
 - ❑ Pressure hitting drills: 2-strike, RBI scenarios
 - ❑ Dive + throw drills for bunts and slow rollers
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- ❑ Game-speed scenarios and scoring for correct decisions
 - ❑ **Goal:** Improve strategic thinking, communication and performance in critical moments.

Situational Defense Wednesday Feb 18	Pressure Hitting Saturday Feb 21
<ul style="list-style-type: none"> • Corners in, first-and-third, outfield cut-offs • Diving Skills: Dive + throw drills for bunts and slow rollers • Live Component: Live situational defense • Competition/Drill: Game-speed scenarios with scoring for correct decisions • Chalk Talk: Advanced defensive positioning & communication • Speed & Agility: Sprint variations/Competitive Cone drills - Exit Velo Program Day 1 week7 	<ul style="list-style-type: none"> • Machine mixed speeds • Driving Skill: Drive inside/outside pitches with intent (RBI focus) • Exit velo program Day 2 week 7 • Live Component: Live pressure ABs: 2-strike rounds, RBI situations • Diving Skills: Fielding bunts or sharply hit balls under pressure • Competition/Drill: RBI and situational hitting contests • Strength and coordination: Bodyweight strength & Balance drills + core

WEEK 8: FULL LIVE WEEK + WRAP UP

#PURPOSE

Showcase skills in live game settings and celebrate progress.



• Highlights

- ❑ Final skills testing: exit velocity, throwing velocity, speed
 - ❑ Dive gauntlet and live defensive gauntlet
 - ❑ Power hitting tests and competitive scrimmages
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- ❑ Awards for MVP, Most Improved, Grinder, Leadership
 - ❑ **Goal:** Reflect on season progress, celebrate achievements, and set goals for next steps.

Final Skills Testing Wednesday Feb 25	Live Scrimmage & Awards Saturday Feb 28
<ul style="list-style-type: none"> • Exit velocity, throwing velocity, speed test • Diving Skills: Dive gauntlet (infield + outfield, score accuracy & form) • Live Component: Live defensive gauntlet (full-speed, game simulation) • Driving Skill: Power hitting test • Competition/Drill: Skills leaderboard for hitting, fielding, and athleticism • Speed & Agility: Sprint variations/Competitive Cone drills (10 yd split and triple broad jump distance) 	<ul style="list-style-type: none"> • Full indoor scrimmage, pitchers throwing live • Hitters: Competitive rounds (exit velocity, contact quality) • Diving Skills: All-out dives in game scenarios • Awards: MVP, Most Improved, Grinder, Leadership • Chalk Talk: Season review, next steps, and strategy reflection • Strength & Coordination: Trapbar and DB movements + core