





|                               |                              |                                    |                              |  |                            |                                   |                                  |                                 |
|-------------------------------|------------------------------|------------------------------------|------------------------------|--|----------------------------|-----------------------------------|----------------------------------|---------------------------------|
| Body care                     | Body care                    | Body care                          | Body care                    | Strengthen the body core                 | Maintain body axis         | Create an angle                   | Hit the ball from above          | Strengthen the wrist            |
| Flexibility                   | <b>Physical conditioning</b> | RSQ 130kg                          | Stabilize the release point  | Control                                  | Get rid of uneasy feelings | Do not tense up                   | <b>Sharpness</b>                 | The lower body leads            |
| Stamina                       | Range of motion              | Meals<br>Dinner: 7<br>Breakfast: 3 | Lower body strength          | Don't open the body                      | Control mental             | Release the ball in the front     | Increase the number of rotations | Range of motion                 |
| Have clear goals and purposes | Do not swing joy and sorrow  | Cool head, hot heart               | <b>Physical conditioning</b> | <b>Control</b>                           | <b>Sharpness</b>           | Turn along body axis              | Lower body strength              | Gain weight                     |
| Strong under pressure         | <b>Mental strength</b>       | Not swayed by atmosphere           | <b>Mental strength</b>       | <b>Get drafted 1st overall (8 teams)</b> | <b>Speed (100 mph)</b>     | Strengthen the body core          | <b>Speed (100 mph)</b>           | Strengthen around the shoulders |
| Don't create ups and downs    | Tenacity for victory         | The heart to care for teammates    | <b>Character</b>             | <b>Karma</b>                             | <b>Trickery</b>            | Range of motion                   | Catch liner balls                | Increase pitching               |
| Sensitivity                   | Worthy to be loved           | Plan ahead                         | Greetings                    | Pick up trash                            | Clean room                 | Increase ball count               | Perfect the forkball             | Sharpness of sliders            |
| Caring                        | <b>Character</b>             | Gratitude                          | Use the tools with care      | Karma                                    | Respect towards umpires    | Slow curveball with a big drop    | <b>Trickery</b>                  | Put-away pitch for lefties      |
| Well mannered                 | Worthy to be trusted         | Sustained efforts                  | Positive thinking            | Be a person that people root for         | Read books                 | Use fastball form for all pitches | Strike/ball control              | Visualize depth                 |