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**YEAR OVERVIEW**

**TOP DOG ATHLETICS**  
**14U, 16U, 18U RECRUITING**

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FRESNO, CA

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SOFTBALL

# STEAL THE SHOW

**Time is limited with our high school kids. Every day has to count, and it is imperative our high school athletes understand the importance of getting their work done away from team practices. The set up of our year revolves around the recruiting schedule and high school schedule. We want our athletes to be prepared for their opportunities in the Fall, but we also build our schedules in a manner where they limit the likelihood of injuries when the high school season begins and maintaining their ability to peak during their Summer season.**

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**PHASE 1: FALL TRAINING CAMP**

**FALL RECRUITING  
SEASON**

**AUGUST TO SEPTEMBER**

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# **FALL TRAINING CAMP**

**Fall Training Camp is our time to get all of our athletes on the same page before hitting the recruiting trail. It is during this time where we are working individual skill development, re-building their strength program for the year, and updating their player profiles. At the same time we are going through team concepts that build cohesiveness on and off the field.**

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# FALL POINTS OF EMPHASIS

- **Top Dog Culture & Expectations**
  - **Academic Expectations**
  - **Character Development**
  - **Set Baselines**
  - **Set Routines**
  - **Offensive Fundamentals & Concepts**
  - **Defensive Fundamentals & Concepts**
  - **Player Profiles**
  - **Strength & Conditioning: MASTER OUR MOVEMENTS**
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**PHASE 2: FALL SHOWCASES**

**FALL RECRUITING  
SEASON**

**OCTOBER TO DECEMBER**

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# FALL SHOWCASES

**The Fall is a time where colleges start bringing girls on campus for visits, and really start to solidify their rosters for the next year. At the same time it is an essential period for underclassmen to get their names on recruiting boards, and keep the attention on them. It is during this time where Top Dog athletes learn how to steal the spotlight by doing the little things right, and the impact those little things have on their opportunities.**

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# FALL POINTS OF EMPHASIS

- **Focus On The Little Things Character Development**
  - **Offensive Execution**
  - **Defensive Execution**
  - **Recruiting Videos & Emails**
  - **GET YOUR NAME ON THE BOARD**
  - **Create/Update Schools Wish List & Interest List**
  - **Strength & Conditioning: PACE & QUALITY OF OUR MOVEMENTS**
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**PHASE 3: DARK SEASON**

**HIGH SCHOOL  
SEASON**

**JANUARY TO MAY**

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# **DARK SEASON**

**During Dark Season it is the athlete's responsibility to increase their skill development and stay with their strength program. This is a time of year that takes a lot of commitment, because of the amount of time school ball takes up. It is also the responsibility of the athlete to be ready for Spring Training when team workouts resume after Spring Break.**

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# **DARK PERIOD FOCUS**

- **Stay Healthy**
  - **Build Game Video Library**
  - **Academic & Recruiting Check-Ins With Coaches**
  - **Stay Dedicated To The Classroom**
  - **Stick To A Routine**
  - **Strength & Conditioning: REACTION & GAME SPEED  
MOVEMENT IMPLEMENTATION**
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**PHASE 4: SPRING TRAINING**

**HIGH SCHOOL  
SEASON**

**APRIL & MAY**

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# **SPRING TRAINING FOCUS**

**Spring Training is all about making sure athletes are prepared mentally, physically, and from a recruiting standpoint for the Summer Season. It is during this time where we are increasing the workload of our athletes. We are re-installing team offensive and defensive concepts. We are increasing our time together as a team. Most importantly we are making sure player profiles are up to date and all athletes have a list of targeted schools for Summer.**

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# **SPRING POINTS OF EMPHASIS**

- **Updated List Of Targeted Schools**
  - **Spring Training Assessments**
  - **Offensive Team Concepts**
  - **Defensive Team Concepts**
  - **Preparation Is The Key To Success**
  - **Strength & Conditioning: Test Your Preparation Levels**
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**PHASE 5: SUMMER SHOWCASES**

**SUMMER RECRUITING  
SEASON**

**JUNE & JULY**

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# **SUMMER SHOWCASES**

**Summer is the time for athletes to climb the priority list of college recruiting boards. This is a critical period for athletes to steal the spotlight and own their opportunities. This is a time for athletes to show their progress over the year. No coach wants to see an athlete that is the same player during Summer as they were in the Fall.**

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# **SUMMER POINTS OF EMPHASIS**

- **List Of Targeted Schools**
- **End of Year Assessments**
- **CLIMB THE BOARDS**
- **Offensive Execution**
- **Defensive Execution**
- **Strength & Conditioning: Push Your Limits And Find New Levels Of Best**

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# THE SCHEDULE

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# FALL

**PRACTICES**  
1-2 Days Per Week

4 Showcases

Recruiting Profiles  
Schools Wish List/  
Interest List

Academic Check-Ins  
Every 6 Weeks

# WINTER

**PRACTICES**  
1 Day Per Week

NO TOURNAMENTS

Emails & Contact Lists

End of Semester  
Academic Awards

# SPRING

**PRACTICES**  
1-2 Days Per Week

NO TOURNAMENTS

Recruiting Profiles  
Schools Wish List/  
Interest List

Academic Check-Ins  
Every 6 Weeks

# SUMMER

**PRACTICES**  
3-4 Days Per Week

4 Showcases

Emails & Contact Lists

End of Year  
Academic Awards

## 40 TO 50 GAME SCHEDULE

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