**YouTube Links to the Byron Baseball Development Program**

Progressive Throwing Development Program

1. Grip - <https://youtu.be/M8LA0dttTJo>
2. Adopting the T-Bar position - <https://youtu.be/SshHQAVzDfA>
3. Static Throwing from T-Bar position - <https://youtu.be/OnzsKq6HKHw>
4. Static Throwing demo - <https://youtu.be/PurdFOyTdUY>
5. Static Throwing with Slight Rotation - <https://youtu.be/uQlP2IBFTLE>
6. Static Throwing with Half Rotation - <https://youtu.be/oj3P3OmqaGk>
7. Finished Lower Body with Upper Body Arm Path Blending - <https://youtu.be/hEvrEydvDKs>
8. Linear Movement with Blended Arm Path - <https://youtu.be/tl5f1ItGVZs>
9. Full Throwing from Side Start - <https://youtu.be/xlXP1bGLEQQ>
10. Shuffle Step and Crow Hop for Longer Throwing - <https://youtu.be/YjXN9EXhnAM>

Progressive Pitching Mechanics Tutorial

1. Pitching Phase 1: Leg Lift/Balance Point 1 - <https://youtu.be/bpOBfyQLNlM>
2. Pitching Phase 2: Lowering the Leg and Gliding to Target - <https://youtu.be/3zR0M5TlqU8>
3. Hip to Target first, Stride to Target, Finish - <https://youtu.be/6qEdTGS4b6k>

Progressive Hitting Mechanics

1. Bat Grip and Addressing the Plate - <https://youtu.be/n9x8ZvF5_yI>
2. Stance and Introducing a Hitting Tee - <https://youtu.be/Ev5KlTz8puQ>
3. Lower Body in Finished Position, Upper Body Swing - <https://youtu.be/3YeFNG8KV7c>
4. Lowe Body Rotation with Upper Body Swing Blending - <https://youtu.be/niUzQSG8p3Y>
5. Tee Drill - <https://youtu.be/d2S04Cj1QDw>

Progressive Catching Development Program

1. Progressive Catching – No Glove - <https://youtu.be/qHvVjAEwu9A>
2. Progressive Catching – With Glove - <https://youtu.be/HJxzD33s7uk>

Progressive Infielding/Outfielding Development Program

1. Ready Position and Receiving Position - <https://youtu.be/xG6ZzD3MPdc>
2. Transition to a Throw and Backhanding - <https://youtu.be/Eudte9Q8dyw>
3. Pre Pitch Setup and Receiving Position - <https://youtu.be/NGaBhBa0df4>
4. Drop Step - <https://youtu.be/olUmM9IAj88>