



DAY	WARM-UP	THROWING	FIELDING	HITTING	STRENGTH
Day 1	-5 Min Jog or Bike Ride -5 Min Dynamic Warm-up & Arm Care (bands, stretches, circles, towels) -GET A SWEAT GOING!	-10 Min Throwing Program (Back it up to about 75 -90 feet)	- Infielders – pick progressions using anything you can find. Toss up forehand & backhand bare hand picks. - Outfielders – Work on drop steps using ladder or lines on ground. Toss tennis balls off the roof and catch bare hand. - Catchers – Put a ball on the ground & work on block & recovers in front, towards 3B and towards 1B.	- Tee work if possible -Side toss into net (use a sock ball into a garage door if you have to. -If you have a screen, do some front toss or BP	- 3 x 10 push-ups -3 x 35 Jumping Jacks / Jump Rope -3 x 10 dips (using chair or steps) -3 x 10 burpees -100 core (anything you want) (3x10 means 3 sets of 10 reps)
Day 2	-5 Min Jog or Bike Ride -5 Min Dynamic Warm-up & Arm Care (bands, stretches, circles, towels) -GET A SWEAT GOING!	-7 Min Throwing Program (back to 60 feet light toss) -Pitchers – 20 pitch flat ground bullpen from 45 feet	- Infielders – Line Drill focus on left foot timing. Have a sibling or parent toss the ball up and work on short hop to power. - Outfielders – Using cones or props, work on your angles coming in on balls. Work on pro step & crow hop - Catchers – Using lines on the ground, work on footwork and bare hand transfers on throw downs	- Tee work if possible -Side toss into net (use a sock ball into a garage door if you have to. -If you have a screen, do some front toss or BP. -Play wiffle ball!	-3 x 15 body squats -3 x 10 forward lunges – each leg. -3 x 35 jumping jacks / jump rope 10 x 15 ft. sprint bursts
Day 3	-5 Min Jog or Bike Ride -5 Min Dynamic Warm-up & Arm Care (bands, stretches, circles, towels) -GET A SWEAT GOING!	- Long Toss (However far you've been stretching out the last month) - Pitchers – Dry work. Balance Drills / Mirror Drills / Practice Pick - Offs	- Infielders – Wall ball off the wall or garage door using tennis ball. Try bare hand! - Outfielders – Use a brother or sister and toss balls up in the air and work on footwork getting behind the ball! - Catchers – Play Wall Ball and work on transfers for throw downs. Try it bare hand then transition to the glove.	-Lacrosse Stick Bunting drill. -Side toss using plastic golf balls, uncooked beans. (something small!) - Side Toss using socks or balls into net or wall.	-3 x 10 push – ups -3x10 burpees -3x however many pullups you can do (if possible) -3 x 30 second planks
Day 4	OFF DAY!	REST!	SPEND TIME W FAMILY!	PLAY OUTSIDE!	DO YOUR HOMEWORK!
Day 5	OFF DAY!	REST!	CLEAN YOUR ROOM!	PLAY OUTSIDE!	TAKE THE GARBAGE OUT!
Day 6	-5 Min Jog or Bike Ride -5 Min Dynamic Warm-up & Arm Care (bands, stretches, circles, towels) -GET A SWEAT GOING!	-10 Min Throwing Program (Back it up to about 75 -90 feet) -work on grips of change-up & breaking ball	- Infielders – Work on quick hands! Barehand transfers off the wall, short hop drills focusing on transfer, partner quick hands etc. - Outfielders – QB Drill outside using a friend, parent or sibling. Pretend you're running for a pass in the NFL & finish the play - Catchers – Have a sibling, parent or friend toss Frisbees and wiffle balls at you and focus on bare hand receiving in your primary stance.	- Tee work if possible -Side toss into net (use a sock ball into a garage door if you have to. -If you have a screen, do some front toss or BP. -Play wiffle ball! -Work on drills you and your hitting coach have focused on.	-3 x 15 body squats -3 x 10 side lunges – each leg. -3 x 35 jumping jacks / jump rope 5 x 35 ft. sprint bursts