



<p>Day 7</p>	<p>-5 Min Jog or Bike Ride -5 Min Dynamic Warm-up & Arm Care (bands, stretches, circles, towels) -GET A SWEAT GOING!</p>	<p>-10 Min Throwing Program <i>(back to 90 feet)</i> -Pitchers – 20 - 25 pitch flat ground bullpen from 45 feet</p>	<p>-Infielders – Play wall ball and work on all different plays. Straight on, forehand, backhand, and slow rollers -Outfielders – Barehand tennis ball receiving drills. Work on prep step & have someone toss the ball in all different directions. Work on tracking the ball down and catching it bare hand. Can use a tennis racquet to hit the tennis balls. -Catchers – Use a sock ball and work on receiving all different pitches around the <u>ZODE</u>.</p>	<p>Lacrosse Stick Bunting drill. -Side toss using plastic golf balls, uncooked beans. (something small!) - Side Toss using socks or balls into net or wall.</p>	<p>- 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)</p>
<p>Day 8</p>	<p>-5 Min Jog or Bike Ride -5 Min Dynamic Warm-up & Arm Care (bands, stretches, circles, towels) -GET A SWEAT GOING!</p>	<p>- Light catch today - Pitchers – Dry work. Balance Drills / Mirror Drills / Practice Pick - Offs</p>	<p>-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 – Play Wall Ball and work on transfers for throw downs. Try it bare hand then transition to the glove.</p>	<p>- 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.</p>	<p>Get a good stretch in. Yoga if possible. Light jog optional.</p>
<p>Day 9</p>	<p>-5 Min Jog or Bike Ride -5 Min Dynamic Warm-up & Arm Care (bands, stretches, circles, towels) -GET A SWEAT GOING!</p>	<p>-10 Min Throwing Program <i>(Back it up to about 75 -90 feet)</i> - work on grips of change-up & breaking ball</p>	<p>-Infielders – Posture work today. Side shuffles from side to side. Focus on the prep step and try to keep the same posture moving left, right, forward & back. Use cones or ladders -Outfielders – Using cones or props, work on your angles coming in on balls. Work on pro step & crow hop -Catchers – Hockey Goalie Blocking / Receiving Drill. Use a friend/sibling to take slap shots at you in your gear and try to keep it in front.</p>	<p>- 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.</p>	<p>-3 x 15 body squats -3 x 10 side lunges – each leg. -3 x 35 jumping jacks / jump rope 10 x 15 ft. sprint bursts Any Core x 100</p>
<p>Day 10</p>	<p>-5 Min Jog or Bike Ride -5 Min Dynamic Warm-up & Arm Care (bands, stretches, circles, towels) -GET A SWEAT GOING!</p>	<p>-10 Min Throwing Program <i>(back to 90 feet)</i> -Pitchers – 20 - 25 pitch flat ground bullpen from 45 feet</p>	<p>-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.</p>	<p>Lacrosse Stick Bunting drill. -Side toss using plastic golf balls, uncooked beans. (something small!) - Side Toss using socks or balls into net or wall.</p>	<p>- 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)</p>