



Day 17	-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 90 -110 feet) - work on grips of change-up & breaking ball	- 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. - Outfielders – Using cones, work on your angles coming in on balls. Work on pro step & crow hop - Catchers – Hockey Goalie Blocking / Receiving Drill!	- 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 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)
Day 18	OFF DAY!	REST!	SPEND TIME W FAMILY!	PLAY OUTSIDE!	DO YOUR HOMEWORK!
Day 19	OFF DAY!	REST!	CLEAN YOUR ROOM!	PLAY OUTSIDE!	TAKE THE GARBAGE OUT!
Day 20	-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 to 90 feet) -Pitchers – 20 - 25 pitch flat ground bullpen from 45 feet	- 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 – 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. -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 10 x 15 ft. sprint bursts Any Core x 100
Day 21	-5 Min Jog or Bike Ride -5 Min Dynamic Warm-up & Arm Care (bands, stretches, circles, towels) -GET A SWEAT GOING!	- Light catch today - Pitchers – Dry work. Balance Drills / Mirror Drills / Practice Pick - Offs	- 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.	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 -3 x 35 Jumping Jacks / Jump Rope -3 x 10 dips (using chair or steps) -3 x 10 burpees -100 core (anything you want)