

2021 FEBRUARY 4-WEEK PROGRAM



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Dynamic Warm Up & Arm Care Routines Throwing Program	Dynamic Warm Up & Arm Care Routines	Dynamic Warm Up & Arm Care Routines Throwing Program	Arm Care Routine	Dynamic Warm Up & Arm Care Routines Throwing Program	Dynamic Warm Up & Arm Care Routines	Arm Care Routine
<u>Pitching:</u> Core Balance & Shadow Mechanics	<u>Pitching:</u> Core Balance & Shadow Mechanics	<u>Pitching:</u> <i>Rest Day</i>	<u>Pitching:</u> <i>Rest Day</i>	<u>Pitching:</u> Core Balance & Shadow Mechanics	<u>Pitching:</u> Core Balance & Shadow Mechanics	<u>Pitching:</u> <i>Rest Day</i>
<u>Fielding Dailies:</u> Catchers Infielders Outfielders (primary position)	<u>Fielding Dailies:</u> Catchers Infielders Outfielders (secondary position)	<u>Fielding Dailies:</u> <i>Rest Day</i>	<u>Fielding Dailies:</u> <i>Rest Day</i>	<u>Fielding Dailies:</u> Catchers Infielders Outfielders (secondary position)	<u>Fielding Dailies:</u> Catchers Infielders Outfielders (primary position)	<u>Fielding Dailies:</u> <i>Rest Day</i>
<u>Hitting Drills:</u> Dry Swings: 9-Zone Drill x 1 light bat or stick and x 1 reg. bat Tee Work: Perfect Swing Path x 10 ea. Tee Work: One Hand x 10 each hand Partner Front Toss: Sacrifice Bunting x 5 each (1B/3B lines)	<u>Hitting Drills:</u> Dry Swings: Shaft to Shoulder x 10 Tee Work: Step Back Drill x 10 Partner Side Toss: One Hand x 10 each hand Partner Side Toss: Load & Launch x 3 sets of 10 swings	<u>Hitting Drills:</u> <i>OPTIONAL</i> Dry Swings: 9-Zone Drill x 1 light bat or stick and x 1 reg. bat Dry Swings: Shaft to Shoulder x 10	<u>Hitting Drills:</u> <i>OPTIONAL</i> Dry Swings: 9-Zone Drill x 1 light bat or stick and x 1 reg. bat Dry Swings: Shaft to Shoulder x 10	<u>Hitting Drills:</u> Dry Swings: Shaft to Shoulder x 10 Tee Work: Step Back Drill x 10 Partner Side Toss: One Hand x 10 each hand Partner Side Toss: Load & Launch x 3 sets of 10 swings	<u>Hitting Drills:</u> Dry Swings: 9-Zone Drill x 1 light bat or stick and x 1 reg. bat Tee Work: Perfect Swing Path x 10 ea. Tee Work / Side Toss: One Hand x 10 ea. Partner Front Toss: Sacrifice Bunting x 5 each (1B/3B lines)	<u>Hitting Drills:</u> <i>Rest Day</i>
<u>Speed & Agility:</u> 2-Cone Drills x 3 each (cones 10ft apart) - Forward/Forward - Forward/Backward - Backward/Forward - Figure-8 (left) - Figure-8 (right)	<u>Speed & Agility:</u> 4-Cone Drills x 3 each (cones 15ft apart) - Forward/Shuffle/Backward/Shuffle - Forward/Carioca/Backward/Carioca - Diagonal/Sprint/Diagonal/Sprint (Z-shape)	<u>Core:</u> 100 x Crunches 20 x Bicycles 30sec Low Plank 15sec Right Side Plank 15sec Left Side Plank 15 x Sit Ups 20 x Russian Twists 20 x High Plank Shoulder Taps 20 x Bicycles 30 x Reverse Crunches	<u>Core:</u> 100 x Crunches 20 x Bicycles 30sec Low Plank 15sec Right Side Plank 15sec Left Side Plank 15 x Sit Ups 20 x Russian Twists 20 x High Plank Shoulder Taps 20 x Bicycles 30 x Reverse Crunches	<u>Speed & Agility:</u> 2-Cone Drills x 3 each (cones 10ft apart) - Forward/Forward - Forward/Backward - Backward/Forward - Figure-8 (left) - Figure-8 (right)	<u>Speed & Agility:</u> 4-Cone Drills x 3 each (cones 15ft apart) - Forward/Shuffle/Backward/Shuffle - Forward/Carioca/Backward/Carioca - Diagonal/Sprint/Diagonal/Sprint (Z-shape)	<u>Speed & Agility:</u> <i>Rest Day</i>

*Throwing Program may be completed 3-4 days per week and not necessarily on the days indicated above (no back-to-back throwing days – example: Week 1 – Tue, Thu, Sat / Week 2 – Mon, Wed, Fri, Sun / Week 3 – Tue, Thu, Sat / Week 4 – Mon, Wed, Fri, Sun). Be sure that dynamic warm up and arm care routines are completed before all throwing.