

Off Season Program

Area's to Improve:

1. Leg Strength
2. Health and Conditioning
3. Arm Strength & Footwork when throwing out runners
4. Lateral Movement when Blocking
5. Hitting

Things you will need:

1. Gym Membership or Access to Gym
2. Resistance band or surgical tubing for rotator cuff excersizes
3. Meal Program (see attached PDF)
4. Partner to Practice With (sometimes)
5. Look up excersizes (Google or YouTube)

*We will need to go over some of this so that I can clarify some things on the workout plan and meal plan

Workout, Catching, & Throwing Schedule:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
Box Squats 3x15 Side Lunges 2x20yards Walking Lunges 2x 20 yards Step-ups 3x15 Jump Rope 10 min <u>Hitting/Catching</u> Hitting-Tee Work Flag Drill	Assisted Pull Ups 3x15 Lat Pulldown 3x15 Single Arm Rows 3x15 Triceps Overhead Extention 3x15 Triceps Pushdown 3x15 Rotator Cuff Excercise Jump Rope 10-15min Cardio 20min (HR 130-160 bpm) Team Practice	No Lifting <u>Throwing/Catching</u> Long Toss Blocking 10 throws (left, right, middle)

<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Push-ups 2x Failure Dumbell Bench Press 3x15 Dumbell Shoulder Press 3x15 Lateral Raises 3x15 Front Raises 3x15 Rotator Cuff Excercise Jump Rope 10-15 min Cardio 20min (HR 130-160 bpm)	Leg Press Leg Extensions 3x15 Leg Curl 3x15 Hip Abduction 3x15 Side Lunges 2x20 yards Rotator Cuff Excercise Jump Rope 10-15 min Cardio 20min (HR 130-160 bpm)	No Lifting <u>Throwing/Hitting</u> Long Toss Hitting-Tee Work