

3 week (speed/power) Winter Break Plan

This workout is to build POWER on the mound.

Please check off daily what you accomplish.

They are not labeled mon-sun as I expect you to workout 5 days per week/ 2 days off which of those days are up to you. Spread out your days off or enjoy your weekend off. Whichever you prefer.

Please check the box for every workout you complete.

Each check will be worth 1 point. If you send in video evidence it will be an additional point. A potential 2 points per workout per day.

The student with the most points at the end of break will **WIN** the **CHALLENGE** and receive a **PRIZE**

RAINY DAYS

At the end of the packet you will find alternative workouts for rainy days. Same point system applies.

If you do not know what a workout is, you will find the description at the end of the packet.

WORK HARD
LETS GET STRONGER

Week 1

Day 1

- Long Toss
- Jump Rope 10 min (5 sets of 2 min or 10 sets of 1 min) *set timer*
- Mirror Drills 10 steps, 10 full motion pitching

Day 2

- Pitching & Sprint 3 sets of 10 (take 1 min break between)
- Pitch 50 pitches 5 to 10 feet past your designated pitching distance.
- Mirror Drills 10 steps, 10 full motion pitching

Day 3

- Long Toss
- Jump Rope 10 min (5 sets of 2 min or 10 sets of 1 min) *set timer*
- Mirror Drills 10 steps, 10 full motion pitching

Day 4

- Pitch & Back Pedal (3 sets of 10)
- Pitch 50 pitches 5 to 10 feet past your designated pitching distance.
- Mirror Drills 10 steps, 10 full motion pitching

Day 5

- Long Toss
- Jump Rope 10 min (5 sets of 2 min or 10 sets of 1 min) *set timer*
- Mirror Drills 10 steps, 10 full motion pitching

Week 2

Day 1

- Long Toss
- Jump Rope 12 min (6 sets of 2 min or 12 sets of 1 min) *set timer*
- Mirror Drills 10 steps, 10 full motion pitching

Day 2

- Long Toss
- Jump Rope 12 min (6 sets of 2 min or 12 sets of 1 min) *set timer*
- Mirror Drills 10 steps, 10 full motion pitching

Day 3

- Pitching & Sprint 3 sets of 10 (take 1 min break between)
- Pitch & Back Pedal (3 sets of 10)
- Pitch 25 Pitches from 5 to 10 feet behind your mound distance for strikes.
- Mirror Drills 10 steps, 10 full motion pitching

Day 4

- Long Toss
- Jump Rope 12 min (6 sets of 2 min or 12 sets of 1 min) *set timer*
- Mirror Drills 10 steps, 10 full motion pitching

Day 5

- Long Toss
- Jump Rope 12 min (6 sets of 2 min or 12 sets of 1 min) *set timer*
- Mirror Drills 10 steps, 10 full motion pitching

Week 3

Day 1

- Long Toss
- Jump Rope 15 min Go as long as you can without stopping until you reach 15 min of jumping. (goal of minimum 3 min without stopping).
- Mirror Drills 10 steps, 10 full motion pitching

Day 2

- Long Toss
- Jump Rope 15 min Go as long as you can without stopping until you reach 15 min of jumping (goal of minimum 3 min without stopping).
- Mirror Drills 10 steps, 10 full motion pitching

Day 3

- Pitching & Sprint 3 sets of 10 (take 1 min break between)
- Pitch & Back Pedal (3 sets of 10)
- Pitch 25 Pitches from 5 to 10 feet behind your mound distance for strikes.
- Mirror Drills 10 steps, 10 full motion pitching

Day 4

- Long Toss

- Jump Rope 15 min Go as long as you can without stopping until you reach 15 min of jumping (goal of minimum 3 min without stopping).
- Mirror Drills 10 steps, 10 full motion pitching

Day 5

- Long Toss
- Jump Rope 15 min Go as long as you can without stopping until you reach 15 min of jumping (goal of minimum 3 min without stopping).
- Mirror Drills 10 steps, 10 full motion pitching

*Long Toss- Pitching for distance. You can take one step and pitch. Goal is to have your catcher standing and hit them in the chest. After warmed up, start your long toss 5 steps behind the mound (3-10 pitches). Continue adding 5 steps and pitching 5 at each spot until you cannot reach the catcher. Once you have found your final distance where you can reach your catcher. Pitch 20 from the final spot. Finally, come in and throw 10 as hard as you can from the mound.

*Pitch & Backpedal- This is a QUICK drill. Have something tossing you a ball as you backpedal OR place the balls on the ground next to where you land, pitch, squat down and back pedal back. Make sure you are going right into the next pitch, do not worry about perfect set up, this is conditioning. QUICK is key.

* Pitch & Sprint- You are pitching your designated distance for your age. Immediately after pitching sprint in as fast as you can and grab another ball, then sprint back and get right into your next pitch. AGAIN, this is a conditioning drill, do not take a long time setting up perfectly on the mound. Grab and GO! IF you have no catcher set up balls to grab when you sprint down to home plate.

*Mirror Drills- With a sock, or with no ball. Find a full body length mirror. Make sure you are not just going through the motions while practicing in the mirror as you are creating muscle memory. Do everything with intent. While doing the STEPS part of mirror drills, please pause at each step, see & feel what your body is doing. FEEL your 2, what muscles are activating? Which muscles are you using to push into your 3? Focus.

RAINY DAY WORKOUTS:

MIRROR DRILLS 10 steps/ 10 full motion without ball

1. Frog Hop + Backpedal + pitch (3 sets of 10)
 - a. (into net in close range OR without a ball- Just make sure you are getting out to your stride line) Do this drill to get stronger NOT to just go through the motions.
2. Squat Jumps 3 sets of 15
3. Hip Thrust 3 sets of 10
4. Frog Hop Progressions without ball (unless you have close range net out of rain in garage or patio) 10/10/10 3 sets total Focus on exploding off the balls of your feet, feeling how CLOSED your hips stay (do not allow your foot, knee, hip to rotate) IF you are one that opens early, try to do this drill in front of a mirror without ball but to watch your hips)
5. Lay down on chest + Pop up in sprinter stance & pitch 3 sets of 10
6. Both toes on rubber, lean until you feel like you are going to fall and then explode into pitching motion. (3 sets of 10)

TOTAL POINTS:

Week 1: _____

Week 2: _____

Week 3: _____

TOTAL POINTS: