

A large, detailed baseball is centered in the upper half of the image. The background is a green field with a white base path, and a bright light source creates a lens flare effect behind the ball. The bottom right corner of the image is a solid red triangle.

BASEBALL

SPRING BREAK WORKOUT



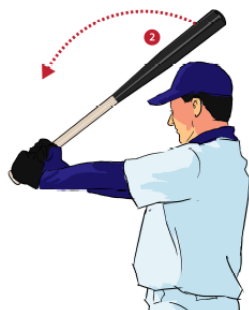
**COMPLETE
SPRING BREAK
WORKOUT PLAN**



DAY 1

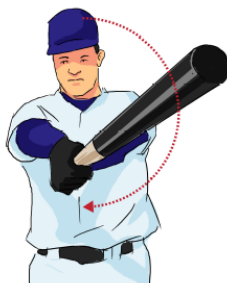
HITTING WORKOUT

COMPLETE 1 CIRCUIT



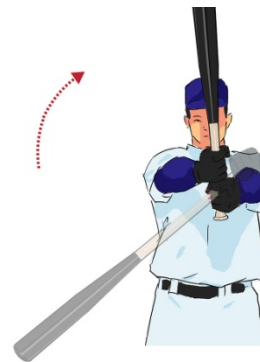
Heavy Bat Snaps
2 sets x 30 seconds

Hold a heavy bat straight out in front of body. Slowly bring barrel to forehead, then snap back to starting position.



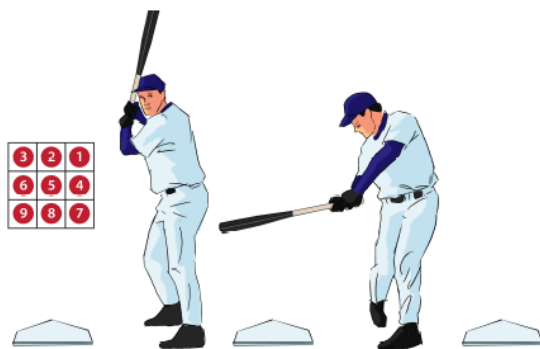
Heavy Bat Rotations
2 sets x 30 seconds

Hold a heavy bat straight out in front of body. Rotate the barrel around in small circles, getting bigger with each rep. Switch direction each set.



Windshield Wipers
2 sets x 30 seconds

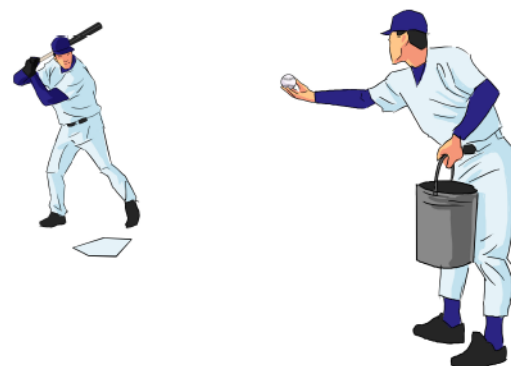
Hold a heavy bat straight out front, with barrel pointing to sky. Rotate the bat to the right like a windshield wiper, then back to top. Repeat. Switch direction each set.



Get in your stance over a plate. Swing, then stop at each of the 9 contact points:

- | | | |
|-----------------|-------------------|----------------|
| 1. High Inside | 4. Middle Inside | 7. Low Inside |
| 2. High Middle | 5. Middle Middle | 8. Low Middle |
| 3. High Outside | 6. Middle Outside | 9. Low Outside |

Repeat, this time taking a full swing through the contact point and following through.



Location Soft Toss
5 minutes

Partner stands 10 feet away at a 45° angle. Partner soft-tosses pitches to Batter in various locations, trying to hit the same 9 contact points.



DAY 2

SPEED WORKOUT

COMPLETE 1 CIRCUIT



One Foot Hops

5 x 10 yards

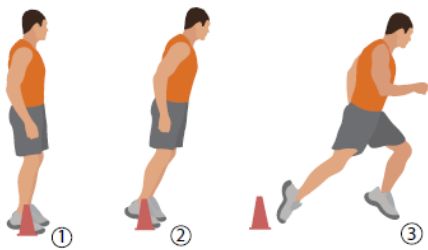
Starting on one foot, hop over a series of 10 cones, one at a time. Do 2 sets with each foot.



Two Foot Hops

5 x 10 yards

Starting on two feet, hop over a series of 10 cones, one at a time.



Falling Runs

5 x 20 yards

Start standing tall, slowly fall forward, then explode into a full sprint for 20 yards. Can also run from home to 1st, or between bases.



Get Ups

5 x 20 yards

Start lying flat on the ground. Pop up and immediately sprint for 20 yards. Can also run from home to 1st, or between bases.



DAY 3

FIELDING WORKOUT

COMPLETE 1 CIRCUIT



Barehand Rolls *3 minutes*

Partners stand 10-20 feet away. No gloves. Roll the ball to your partner. Field the ball using glove hand and securing it with off hand. Use gloves for final set.



Shoestring Catches *3 minutes*

Partners stand 10-20 feet away. Thrower tosses a short pop fly. Fielder charges in and tries to make a shoestring catch.



Blind Fly Balls *4 minutes*

Partners stand 10-20 feet away. Fielder turns so his back is to Thrower. Thrower tosses a high fly ball and yells "turnaround!". Fielder must, turn, locate and catch the fly ball.



Wall Ball *4 minutes*

Stand 10-15 feet from a wall. Throw the ball against the wall and field it. Change the trajectory and speed to produce ground balls, line drives, and short hops to both sides.



DAY 4

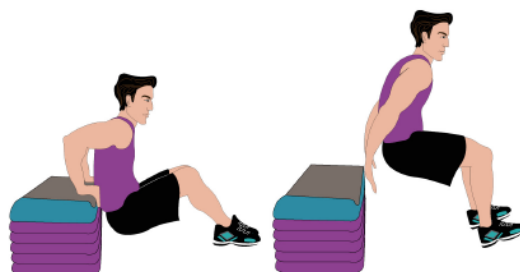
POWER WORKOUT

COMPLETE 4 CIRCUITS



Explosive Pushups
30 seconds

Start in pushup position. Slowly lower your body, then push off in an explosive motion, propelling your hands off the ground.



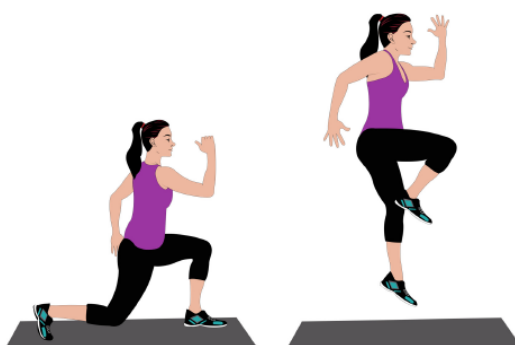
Explosive Dips
30 seconds

Place both hands on the edge of a bench. Slowly lower your body then push off in an explosive motion, propelling your hands up off the bench.



Explosive Burpees
30 seconds

Stand behind a line. Hop forward across the line, land on both feet, then immediately hop backwards across the line. Repeat.



Lunge to High Skip
30 seconds

Take a large step backwards with the right leg and drop into a reverse lunge. Explode up off the ground and drive the right knee into a high skip position. Repeat on opposite side.



DAY 5

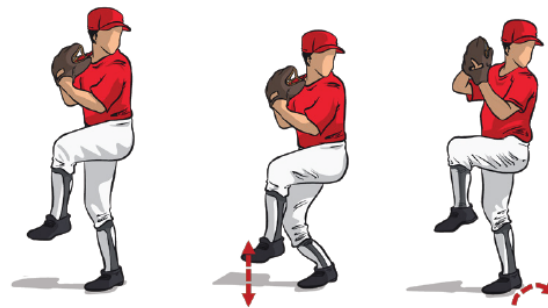
PITCHING WORKOUT

COMPLETE 1 CIRCUIT



Wrist Flips
3 minutes

Partners kneel 10 feet apart with throwing side knee down. Form an L with your throwing arm, resting the throwing elbow in your glove. Using only a quick wrist snap, throw the ball back and forth.



Balance Drill
3 minutes

Start in ready position. Make a transfer step, pivot step, then lift stride leg to 90° angle. Hold for 5 seconds, then complete the pitch. Repeat.

Variation: lift stride leg, then flex back leg up and down for 5 seconds. **Variation:** lift stride leg, then hop forward 3x before pitching



Towel Drill
4 minutes

Pitcher stands 3 large strides from kneeling partner, holding a towel instead of a baseball. Go through full pitching motion, finishing by snapping the towel into partner's glove.



Locate the Pitch
4 minutes

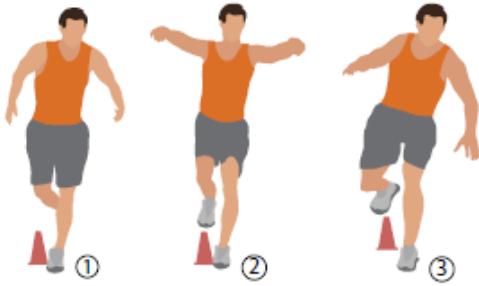
Using tape, mark 9 different areas of a strike zone on a fence or wall. Aim for specific targets in a 3-pitch sequence (ie. 4-4-9). You can also mix in fastballs, changeups, curveballs etc.



DAY 6

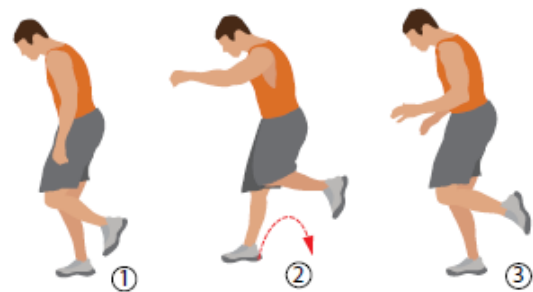
AGILITY WORKOUT

COMPLETE 4 CIRCUITS



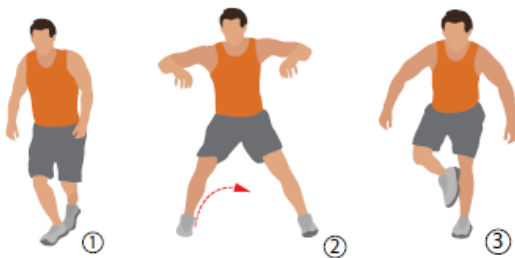
Forward Jump & Stick
30 seconds

Starting on one foot, make a small hop forwards and land softly on the same foot. Hold for 3 seconds, focusing on balance. Repeat.



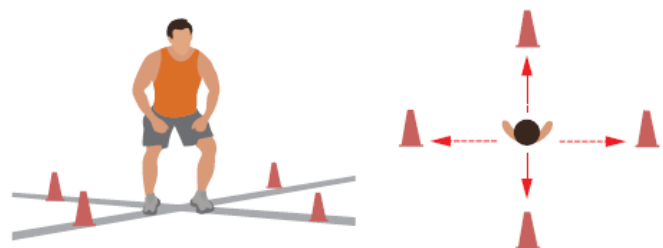
Backward Jump & Stick
30 seconds

Starting on one foot, make a small hop backwards and land softly on the same foot. Hold for 3 seconds, focusing on balance. Repeat.



Lateral Jump & Stick
30 seconds

Starting on one foot, make a small hop forwards and land softly on the opposite foot. Hold for 3 seconds, focusing on balance. Repeat in opposite direction.



Plus Agility Drill
30 seconds

Set up 4 cones in a Plus Sign pattern, 6 yards by 6 yards wide. Complete the following pattern, returning to the middle each time: run forward, run backward, shuffle left, shuffle right. Repeat.



DAY 7

QUICKNESS WORKOUT

COMPLETE 4 CIRCUITS



Two Foot Lateral Line Hops

30 seconds

Stand beside a line. Hop laterally across the line, land on both feet, then immediately hop back. Repeat.



One Foot Lateral Line Hops

30 seconds

Stand beside a line on one foot. Hop laterally across the line, landing on the same foot, then immediately hop back, landing on the same foot. Repeat. Do 2 sets on each foot.



Two Foot Linear Line Hops

30 seconds

Stand behind a line. Hop forward across the line, land on both feet, then immediately hop backwards across the line. Repeat.



One Foot Linear Line Hops

30 seconds

Stand behind a line on one foot. Hop forward across the line, landing on the same foot, then immediately hop backward, landing on the same foot. Repeat. Do 2 sets on each foot.