



SLAPPERS HOME WORKOUT



This action plan will help you get some slapping movements in from home

**** Always try to do every activity inside your batters box**

Day 1

10-15 minutes

Tennis Ball Catches	Tennis Ball Throws	Dry Swings (run through box)	Wall Swings
X 15 Stop X 15 run throughs	X 15 crossed over X 15 run throughs	X 20	X 20

Day 2

10-15 minutes

Tennis Ball/ 3 plate drill	1 arms Crossed over	Side Toss
X10 each plate -30 total) -(run throughs on all)	Top Hand X 15 Bottom Hand X15	X15 crossed over X15 run throughs

Day 3

10-15 minutes (LADDER TRAINING)

1 foot in each hole	1 foot in each square w/ high knees	2 feet in/ 2 feet out	Zig Zag 2 feet in/2 feet on top/ 2 feet in/2 feet bottom
X 2	X 2	X 2	X 2

****Try to have someone bounce you a tennis ball once you come out of ladder and get in your crossed over.**

Slapper Tabata Circuit -Do the series 3x's through

-20 seconds on/ 10 seconds rest

Hurdle crosses	Running Mans (inside a ladder or over a line)	Lateral hops Over a line or hurdle
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