

## **Baseball Home Workouts 2020**

All the strength and endurance built up during the winter months will be lost with about only 2 weeks of inactivity. Build time in your day to get these exercises in.

Minimum each day:

- Light 10 minute jog to warm up. If you have to stop because you are out of breath, slow down, but no walking for 10 minutes.
- Warmup- See additional documentation.
- Ab work- See additional documentation lower in this document.
- Cardio or Strength
- Fielding, throwing, or hitting- some baseball activity.

Cardio Suggestions:

- Slow, long run of 20+ minutes
- Bike ride of 30+ minutes
- Long sprints 80 yards- 12 each
  - Start on a jog, after about 20 yards (10 strides) full sprint
- Sprint/jog- routine
  - Find a long path or quiet road. Use mailboxes, light poles, trees bushes, or something you add.
  - Jog to first marker, sprint to second, jog to third,...
  - Alternate until you get in at least 10 sprints.
  - You turn around and use the same course. Make sure you get at least two sprints in each way.

Speed Suggestion:

- 5 dot drill
- 10 yard sprints- 2 methods
  - Starting like a sprinter- 10 each

- Starting like leading off a base- 10 each
- Base Running Sprints- find an open field or path.
  - Simulate base running. 90 foot bases are about 30 paces.
  - Set up two bases and practice hitting a double
- Short sprints- similar to sprint jogs, but no jogging
- You can simulate many, many lifts at home using items around the house.

### Strength Suggestions:

- Lunges- side and front 12 each leg
- Push up- sets of as many as you can do. The last one should be a negative. Start at the top and descend as slow as possible.
- Ab work

### Baseball Work:

#### Infield Drills:

- Short hops- out front, forehand, backhand- 7 each direction
  - Set 1- Mental imagery run through the drills
  - Set 2- Live with a ball (use a partner or a wall)
- Pickups- pre-pitch movement, move to ball, shuffle and field- 7 each direction (mental set)
  - Front- field the ball with two hands out front, in the middle of your body
  - Forehand- one hand pickups with fielding leg in front
  - Backhand- moved to your backhand side always trying to get the ball on the long hop. Field around the ball moving forward towards first base.
- Position Specific:
  - First Base- practice moving from pre-pitch movement to first and complete the footwork to catch a ball at you, to you left, to your right, dig a ball out of the dirt; when fielding pickups, practice an underhand toss to a pitcher before he gets to the bag.
  - Second Base- practice footwork receiving throws from 3B/SS on a double play; also practice balls on quarter turn and full pivot to start a double play.

- Short Stop- practice receiving balls from a 1B and a pitcher to start a double play; practice flip and toss plays to the 2B to start a double play.
- Third Base- practice a quick, accurate throw to a 2B to start a double play. Practice fielding do-or-die off balance throws on a bunt.
- Visualizers- imagine game situations. Run through 20 pitches including:
  - Batter takes a strike
  - Batter take a ball
  - Ball hit to you- routine play
  - Ball hit to your left- tough play
  - Runner on 1st- double play ball to you
  - Runner on 1st- double play ball hit to a teammate
  - Runner on third- infield in ground ball to you
  - Base hit- where do you rotate.
  - Double- where do you rotate.
  - Tag play at your base (stolen base, pickoff)

#### Outfield Drills:

- Flyballs- with a runner tagging, get body in line to throw to base. (27 reps)
  - Field a ball at you, to the left and to you right.
  - Each direction 3 times to each base.
    - 3 mid, 3 left, 3 right to 2B
    - 3 mid, 3 left, 3 right to 3B
    - 3 mid, 3 left, 3 right to Home
- Ground balls- (20 total reps)
  - Ball at you, practice pick up and throw to home (5 reps with pro step, no full crow hop)
  - Ball to your left and right, cut off in the gap and practice throws to 2B and 3B, always throwing through the relay man.
    - 5 left, 5 right to 2B
    - 5 left, 5 right to 3b
- Visualizer- Imagine a game situation live balls off the bat. Run through 15 pitches including:
  - Batter takes a strike
  - Batter take a ball
  - Ball hit to you- routine fly play
  - Ball hit to your left/right- tough play, communication with teammate
  - Ground ball cutoff in gap and throw to 2<sup>nd</sup>, runner is hard out of the box

- Short popup, communication with infielders
- Ground ball to you, throw 3B or home for a close play, through the relay man.

### Catching Drills:

- Blocking- 5 balls middle, 5 balls left, 5 balls right
  - Ball should end up in front of you near the plate
- Visualizer- Imagine a game situation live balls off the bat. Run through 20 pitches including:
  - Signing in every pitch to the pitcher
  - Receiving a called strike
  - Receiving a swinging strike
  - Receiving a ball
  - Catching a foul pop up
  - Strike three, throw it around
  - Field a bunt, throw to first
  - Runner steals, throw down to 2B