**SLP TRAVELING BASEBALL**

**At Home Workouts**

Here are just a few ideas of ways you can stay baseball fresh and keep in shape so that once the baseball season starts we are ready to go! These are just a few of a million videos on youtube so feel free to find your own and do what works best for you.

Please remember to do these activities with proper social distancing, practice good hand washing and use your own equipment. Obviously, weather can be a factor for all these to happen but be creative. Hopefully you can find a parent or sibling to do these with you (especially throwing). Many of these exercises can be done in garage, basement etc. Just make sure to check in with parents first.

**Throwing and Pitching – should be done 4/5 times per week weather permitting**

3/4 minute jog to warm up

4/5 Stretching routine (follow what we have done during winter clinics) – arm circles (both directions, elevators, seals. Here is a good video with shoulder warm-up exercises.

<https://www.youtube.com/watch?v=5M2Kj-iBXPc>

10 /15 minutes - Throwing progression (follow what we have done during winter clinics)- wrist snap, upper body rotation, rocker throws, start about 40 feet and work to long toss of 100 feet plus.

Here is a good video demonstrating different ideas for throwing progression. It is a little long but use what you like and works for your specific position.

<https://www.youtube.com/watch?v=85HarYOV5JI>

Here is a good 6 week program you can follow to help get arm in baseball shape. Important to wear long sleeves (compression or sweatshirt) when temps are below 70 degrees. You can throw either to a partner (parent or sibling) or throw into a net, large piece of carpet or old couch cushions or air mattress. Again be careful and discuss with parent first what will work for you.

**Week 1** - To be performed on nonconsecutive days (e.g., Mon, Wed, Fri)

* Day 1 - 20 throws @ 45 ft, 20 throws @ 60 ft
* Day 2 - 20 throws @ 45 ft, 10 throws @ 60 ft, 10 throws @ 90 ft
* Day 3 - 20-25 throws @ 45 ft, 10-15 throws @ 60 ft, 10-15 throws @ 90 ft

***NOTE:****Depending on your current level of preparation, this may cause some soreness or it may feel like nothing at all. Stick to the plan and allow your body to adapt as the program intensifies.*

**Week 2** - To be performed on nonconsecutive days

* Day 1 - 20 throws @ 45 ft, 20 throws @ 60 ft, 10-15 throws @ 90 ft
* Day 2 - 10 throws @ 45 ft, 10 throws @ 60 ft, 20 throws @ 90 ft, 10 throws @ 120 ft, 10 throws @ 60 ft
* Day 3 - 10 throws @ 45 ft, 10 throws @ 60 ft, 20-25 throws @ 90 ft, 10-15 throws @ 120 ft, 10 throws @ 60 ft

***PITCHERS:****Include flat ground work on day 3, fastball grip only, no more than 15 throws*

**Week 3** - No more than 2 consecutive days (e.g., Mon/Tue, Thur/Fri)

* Day 1 - 20 throws @ 60 ft, 20 throws @ 90 ft, 20 throws @ 120 ft, 10 throws @ 60 ft
* Day 2 - 20 throws @ 60 ft, 20 throws @ 90 ft, 10 throws @ 120 ft, 10 throws @ 150 ft, 10 throws @ 60 ft.
* Day 3 - 20 throws @ 60 ft, 20 throws @ 90 ft, 10-15 throws@ 120 ft, 10throws @ 150, 10 throws @ 60 ft
* Day 4 - 20 throws @ 60 ft, 20 throws @ 90 ft, 20 throws @ 120 ft, 10 throws @ 150 ft, 10 throws @ 60 ft

***NOTE:****If you experience significant soreness or tightness during week 3, take an extra day off and do not force yourself to throw on consecutive days.*

***PITCHERS****: Include flat ground work 2x this week, fastball & change-up grips, no more than 15 throws*

**Week 4** - No more than 2 consecutive days

* Day 1 - 20 throws @ 60 ft, 20 throws @ 90 ft, 20 throws @ 120 ft, 10-15 throws @ 150 ft, 10 throws @ 60 ft
* Day 2 - 20 throws @ 60 ft, 20 throws @ 90 ft, 20 throws @ 120 ft, 20 throws @ 150 ft, 10 throws @ 60 ft
* Day 3 - 20-30 throws @ 60 ft, 20-30 throws @ 90 ft, 20 throws @ 120 ft, 20 throws @ 150 ft, 10 throws @ 60 ft
* Day 4 - 20 throws @ 60 ft, 20 throws @ 90 ft, 10 throws @ 120 ft, 10 throws @ 150 ft, 10 throws @ 60 ft

***PITCHERS:****Include flat ground work 2x this week, fastball & change-up grips, no more than 15 throws*

**Week 5** - Complete on consecutive days (e.g., Mon, Tues, Wed, Thur, Fri)

* 10 throws @ 60 ft, 20 throws @ 90 ft, 20 throws @ 120 ft, 5-10 throws @ 150 feet, 10 throws @ 60 ft

***NOTE:****One day this week can be a long-toss day, not to exceed 200 ft and no more that 15 throws*

***PITCHERS:****Include flat ground work 3x this week on nonconsecutive days, fastball, change-up and curve ball grips, no more than 20 throws*

**Week 6** - Complete on consecutive days (e.g., Mon, Tues, Wed, Thur, Fri)

* 10 throws @ 60 ft, 20 throws @ 90 ft, 20 throws @ 120 ft, 5-10 throws @ 150 feet, 10 throws @ 60 ft

***NOTE:****Two days this week can be long-toss days, not to exceed 220 ft and no more than 15 throws. Allow at least two (2) days between long tossing. (e.g., Mon/Thur, or Tue/Fri).*

***PITCHERS:****May begin throwing off a mound, 20-25 pitches max, FASTBALLS ONLY.*

Shoulder exercises after throwing: Can use bands, 3-5 pound dumbells MAX!, or can of soup, bottle of Gatorade. These are very easy to do and important to develop shoulder and rotator cuff strength.

<https://www.youtube.com/watch?v=UZEAhb-Sj2c>

After any workout, run 8-10 60-100 yard sprints. Building cardiovascular strength and leg strength is VERY important during this time.

**Infield/Outfield Defense:**

Wall ball drills with tennis balls (again these can be done in driveway, basement. Notice the proper ready position each time and proper footwork when getting ready to make a throw.

 <https://www.youtube.com/watch?v=q5IpBcelz18>

<https://www.youtube.com/watch?v=D8CYedB69qU>

Here is a good 12 minute video for infield drills they can do by themselves. Many incorporate developing soft hands and incorporating footwork.

<https://www.youtube.com/watch?v=vQsV2QWjhOM>

As weather permits find a parking lot or large open space. Have a parent or sibling hit tennis balls with a tennis racket for pop up practice. Work on balls coming in, balls over head, and proper footwork moving left or right.

<https://www.youtube.com/watch?v=WUIM8NqNETg>

**Hitting**

Here is a good video demonstrating hitting drills to do by yourself. Some require a tee and some do not. For these you don’t have to hit baseballs into a net. You can use wiffle balls, small wiffle golf balls, lima or pinto beans.

<https://www.youtube.com/watch?v=ouMN8MvgIqc>

Here is a good video of Freddie Freeman demonstrating proper technique for hitting off a tee.

<https://www.youtube.com/watch?v=VBGjLcNTbLw&t=2s>

If you don’t have a tee, you can always do “dry” swings (no ball, no tee).

-10 practice loading up swing

-10 one handed swings with top hand (choke up the bat 5 to 6 inches)

-10 one hand swings with bottom hand (choke up the bat 5 to 6 inches)

-50 dry cuts per day

**Baserunning** Here is a checklist. Good to refer to and specifics will be covered once practice starts**.**

1. Runs hard out of batters box.
2. Runs out everything hard.
3. Looks for signs from coach
4. Understands proper running form
5. Good footwork
6. Knows where ball is
7. Can slide safely
8. Knows how many outs there are
9. Runs hard with two outs until coach stops him
10. Knows when there is a force play
11. Knows what to look for in pickoff moves
12. Measures a good lead off
13. Doesn’t cross feet when taking a lead
14. Gets a good secondary lead
15. Gets good jumps stealing
16. Knows when to advance to third from second
17. Freezes on line drive with less than two outs
18. Reads balls in dirt
19. Knows when to score from 3rd on ground ball
20. Rounds bases well
21. Can pop up slide
22. Knows when and how to tag up
23. Knows which side of base to slide on
24. Checks where outfielders are playing before pitch is thrown
25. Knows which outfielders to take an extra base on
26. Anticipates well
27. Can read ball well off bat
28. Takes extra base when appropriate
29. Doesn’t stop until play is over
30. Doesn’t hestitate – 100%

Good video on how to take a lead off first base. Easy to practice in basement, living room or driveway.

<https://www.youtube.com/watch?v=yHhqjPTkLeE>

Good video on how to take secondary lead of base. Remember to try and time your secondary lead as pitch is crossing home plate.

<https://www.youtube.com/watch?v=lx_lh-2mL4Y>

Hope these can help you stay in baseball shape. Please stay safe and can’t wait for the season to get rolling! Please reach out if you have any questions or ideas to share. Thanks!

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