Pitching Workout

Week of December 31st- January 6th

Happy New Years!!

Workout 1: Grade

* Warm up
  + 10 wrist snaps
  + 5 t-drills with weighted ball/ 5 with regular ball
  + 5 k drills with weighted ball/ 5 with regular ball
  + 5 3 quarter drills with weighted ball/ 5 with regular ball
  + 5 walk throughs
* Full Motion
  + 10 full motion with weighted ball
  + 5 with regular ball
  + 10 pitches/ alternate inside and outside
    - Record your results:
* Distance Workout
  + 5 Fastballs from 45 ft, 50 ft, 55, ft, 60 ft.
  + Work back in: 3 fastballs from 55ft, 50 ft, 45 ft, and 3 from 40 ft.

Workout 2: Grade

* Warm up
  + 10 wrist snaps
  + 10 t drills
  + 10 k drills
  + 5 3 Quarter
  + 5 Walk Throughs
* Full Motion
  + 10 inside/ 10 outside
* Warm up Change up
  + 10 change ups from full motion distance: 5 inside/5 outside
* Box Workout
  + You will be working the 4 zones: 1. High inside (Fastballs only) 2. Low inside (Fastball & Change up) 3. High outside (Fastballs only) 4. Low Outside (Fastballs & Change ups)
  + Complete the zone 4 times (Remember in the high locations work fastballs only!)

Workout 3: Grade

You may choose the workout you would like to do. Choose a workout you feel you need focus on the most. Whether its speed, change ups, or location. Write down the workout you chose to do and remember to grade yourself!