

Big Willow Baseball Player Development Challenge

The Big Willow Baseball Association Player Development Challenge is a unique opportunity for our baseball players. This challenge combines the sport of baseball with functional fitness training and individual skill development to create a comprehensive and exciting competition.

Participants will participate in challenges that test their physical abilities, including stability, jumps, and agility drills. In addition, the contest includes baseball-specific exercises such as hitting, fielding, catching, throwing, and pitching drills. This combination of activities helps develop while also honing crucial baseball skills.

Participants can compete against others and push themselves to their limits while improving their baseball performance and overall fitness level. Every player will end their season feeling confident and inspired to continue improving beyond the season.

Functional Fitness Challenge Instructions

- BEGIN WITH THE DYNAMIC WARM-UP EXERCISES
- Players should perform each functional fitness exercise for the weekly minimum reps suggested.
 - Before school is a great time!
- Players should check off their boxes as they complete each exercise.
- Each check mark is worth the minimum number of reps suggested per division.
- Total the reps at the end of the week and aim to beat the number the following week.

Individual Skill Development Challenge Instructions

- Players should practice each drill for the minimum reps suggested each week.
 - Before school is a great time!
- Players should set a timer and check off their box as they complete each drill.
- Each check mark is worth the minimum time suggested per division.
- Total the time at the end of the week and aim to beat the number the following week.

The library of drills and tracker can be found on the Big Willow Player Development page:

<https://www.bigwillowbaseball.com/player-development>