

WORKOUT 1

SWING MECHANICS



REQUIRED: Bat, Tee, String, Whiffle Balls



TIME: 10 Minutes

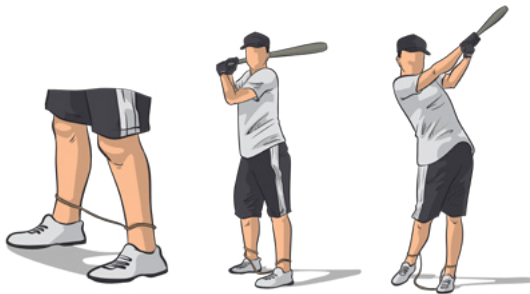
DYNAMIC WARMUP: Arm circles, Elbow Circles, Wrist Circles, Neck Rotations, Trunk Rotations, Leg Swings, Butt-kickers, High Knee Runs, Leg Swings, Carioca



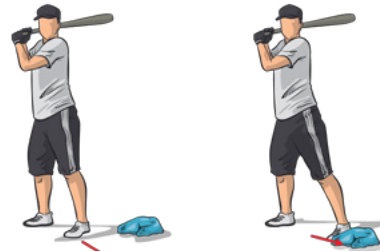
Towel Bat Drill
2 sets of 10 reps



See the Ball Drill
2 sets of 10 reps



String Drill
2 sets of 10 reps



Step Drill
2 sets of 10 reps



Tee Drill
2 sets of 10 reps

WORKOUT 2

SWING MECHANICS



REQUIRED: Bat, Tee, Whiffle Balls, Flat Bat, Elastic Cord



TIME: 15 MINUTES

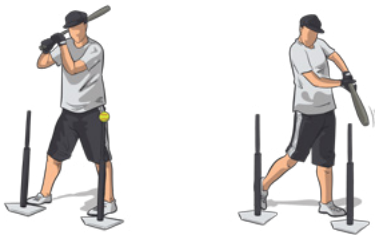
DYNAMIC WARMUP: Arm circles, Elbow Circles, Wrist Circles, Neck Rotations, Trunk Rotations, Leg Swings, Butt-kickers, High Knee Runs, Leg Swings, Carioca



See the Ball Drill
3 sets of 10 reps



Tee Drill
3 sets of 10 reps



Two Tee Drill
3 sets of 10 reps



Split Hand Drill
3 sets of 10 reps



Inside Outside Drill
3 sets of 10 reps

WORKOUT 3

SWING MECHANICS

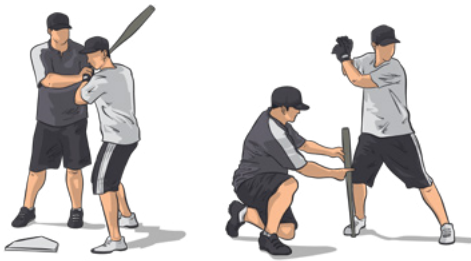


REQUIRED: Bat, Tee, Whiffle Balls, Flat Bat, Elastic Cord

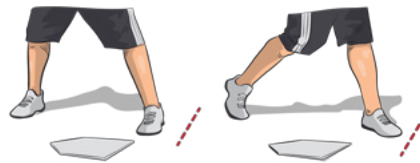


TIME: 20 MINUTES

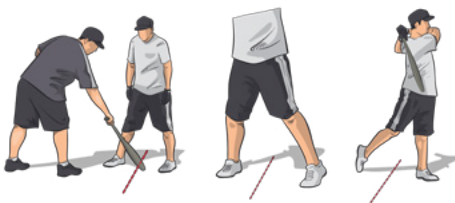
DYNAMIC WARMUP: Arm circles, Elbow Circles, Wrist Circles, Neck Rotations, Trunk Rotations, Leg Swings, Butt-kickers, High Knee Runs, Leg Swings, Carioca



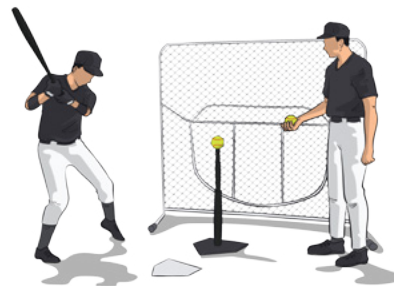
Load Drill
2 sets of 10 reps



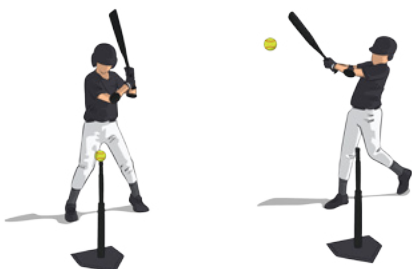
Stride Line Drill
2 sets of 10 reps



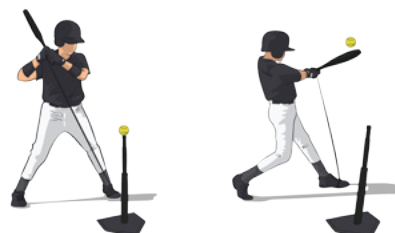
Positive/Negative Drill
3 sets of 10 reps



Tee Drill
3 sets of 10 reps



Flat Bat Drill
3 sets of 10 reps



Power Trigger Drill
3 sets of 10 reps

WORKOUT 4

SWING MECHANICS

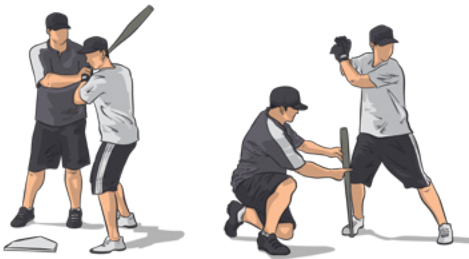


REQUIRED: Partner, Bat, Tee, Whiffle Balls, Short Bat, Hit Stick

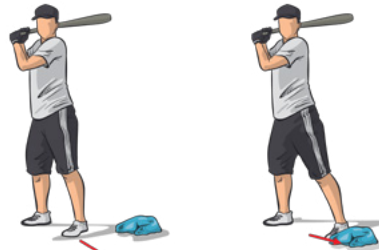


TIME: 20 MINUTES

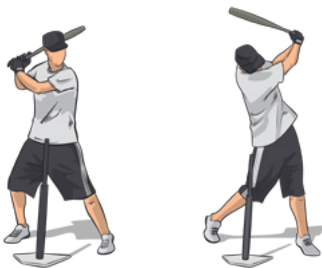
DYNAMIC WARMUP: Arm circles, Elbow Circles, Wrist Circles, Neck Rotations, Trunk Rotations, Leg Swings, Butt-kickers, High Knee Runs, Leg Swings, Carioca



Load Drill
2 sets of 10 reps



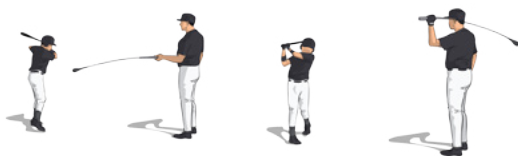
Step Drill
2 sets of 10 reps



Swing Over the Tee Drill
3 sets of 10 reps



Pivot Hip Drill
3 sets of 10 reps



Hit Stick Drill
3 sets of 10 reps



Short Bat Drill
3 sets of 10 reps

WORKOUT 5

BAT SPEED



REQUIRED: Partner, Bat, Tee, Whiffle Balls, Thin Bat

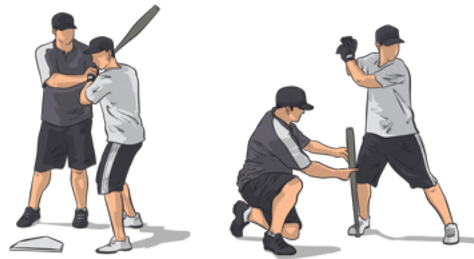


TIME: 20 MINUTES

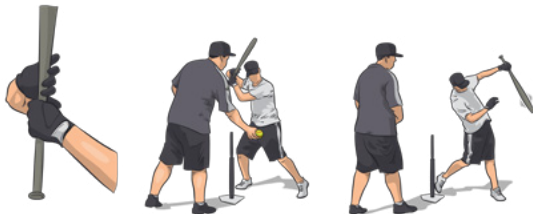
DYNAMIC WARMUP: Arm circles, Elbow Circles, Wrist Circles, Neck Rotations, Trunk Rotations, Leg Swings, Butt-kickers, High Knee Runs, Leg Swings, Carioca



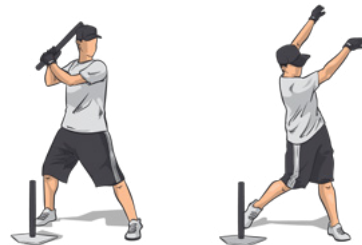
Towel Bat Drill
2 sets of 10 reps



Load Drill
2 sets of 10 reps



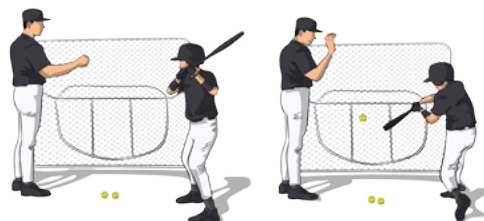
Fast Hands Drill
3 sets of 10 reps



Bat Throwing Drill
3 sets of 10 reps



Thin Bat Drill
3 sets of 10 reps



Drop Ball Drill
3 sets of 10 reps

WORKOUT 6

VISION & TIMING



REQUIRED: Partner Bat, Tee, Whiffle Golf Balls, Plastic Bottle Caps

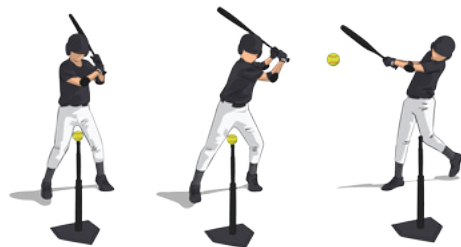


TIME: 20 MINUTES

DYNAMIC WARMUP: Arm circles, Elbow Circles, Wrist Circles, Neck Rotations, Trunk Rotations, Leg Swings, Butt-kickers, High Knee Runs, Leg Swings, Carioca



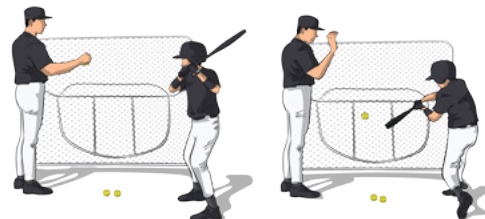
Whiffle Golf Ball Drill
3 sets of 10 reps



Clap Drill
3 sets of 10 reps



Curveball Flip Drill
3 sets of 10 reps



Drop Ball Drill
3 sets of 10 reps



Bottle Cap Drill
3 sets of 10 reps

WORKOUT 7

VISION & TIMING



REQUIRED: Partner Bat, Tee, Numbered Balls



TIME: 20 MINUTES

DYNAMIC WARMUP: Arm circles, Elbow Circles, Wrist Circles, Neck Rotations, Trunk Rotations, Leg Swings, Buttckickers, High Knee Runs, Leg Swings, Carioca



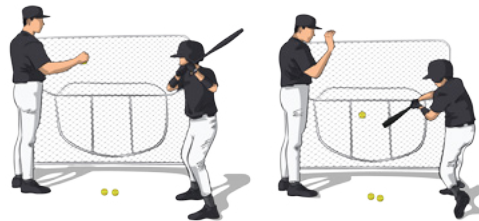
Numbered Ball Drill
3 sets of 10 reps



Inside/Outside Drill
3 sets of 10 reps



Curveball Flip Drill
3 sets of 10 reps



Drop Ball Drill
3 sets of 10 reps



Inside Pitch Drill
3 sets of 10 reps

WORKOUT 8

VISION & TIMING

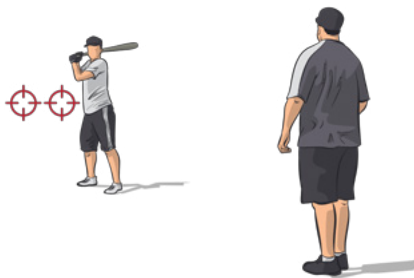


REQUIRED: Partner, Bat, Tee, Whiffle Balls

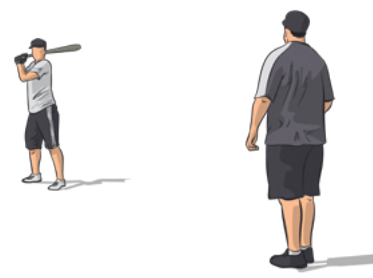


TIME: 15 MINUTES

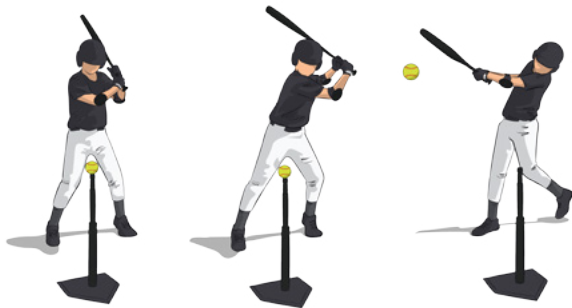
DYNAMIC WARMUP: Arm circles, Elbow Circles, Wrist Circles, Neck Rotations, Trunk Rotations, Leg Swings, Butt-kickers, High Knee Runs, Leg Swings, Carioca



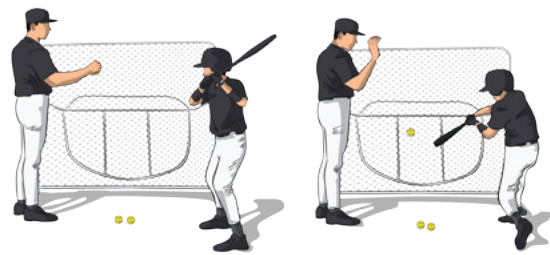
Call Out Location Drill
3 sets of 10 reps



Call Out Pitch Drill
3 sets of 10 reps



Clap Drill
3 sets of 10 reps



Drop Ball Drill
3 sets of 10 reps

WORKOUT 9

STRENGTH & POWER

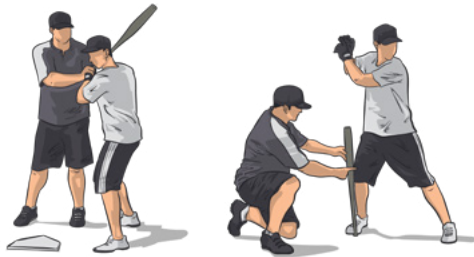


REQUIRED: Partner, Bat, Heavy Balls, Heavy Bag (or Rolled Up Mat)



TIME: 15 MINUTES

DYNAMIC WARMUP: Arm circles, Elbow Circles, Wrist Circles, Neck Rotations, Trunk Rotations, Leg Swings, Butt-kickers, High Knee Runs, Leg Swings, Carioca



Load Drill
2 sets of 10 reps



Positive/Negative Drill
2 sets of 10 reps



Heavy Ball Drill
3 sets of 10 reps



Heavy Bag Drill
3 sets of 10 reps



Heavy Bag Knockdown Drill
3 sets of 10 reps

WORKOUT 10

STRENGTH & POWER

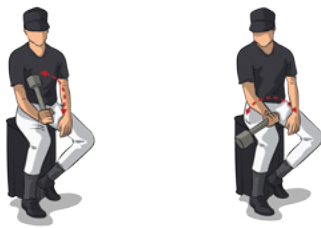


REQUIRED: Bat, Tee, Wrist Weight, Wrist Builder, Parachute, Whiffle Balls



TIME: 15 MINUTES

DYNAMIC WARMUP: Arm circles, Elbow Circles, Wrist Circles, Neck Rotations, Trunk Rotations, Leg Swings, Butt-kickers, High Knee Runs, Leg Swings, Carioca



Mojo Drill
3 sets of 10 reps each hand



Wrist Builder Drill
3 sets of 10 reps



Parachute Drill
3 sets of 10 reps



Tee Drill
3 sets of 10 reps



Inside Outside Drill
3 sets of 10 reps

WORKOUT 11

STRENGTH & POWER



REQUIRED: Bat, Tee, Wrist Weight, Wrist Builder, Whiffle Balls



TIME: 15 MINUTES

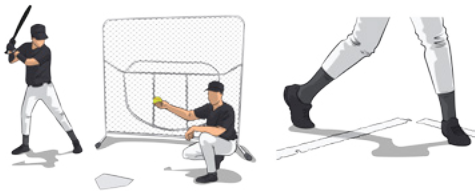
DYNAMIC WARMUP: Arm circles, Elbow Circles, Wrist Circles, Neck Rotations, Trunk Rotations, Leg Swings, Butt-kickers, High Knee Runs, Leg Swings, Carioca



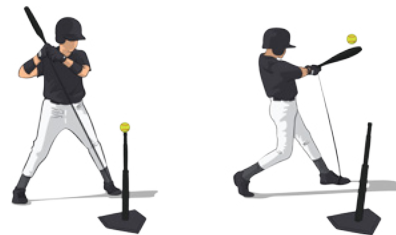
Mojo Drill
3 sets of 10 reps each hand



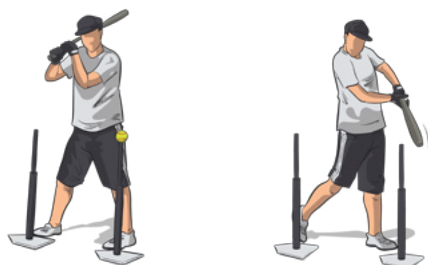
Wrist Builder Drill
3 sets of 10 reps



Pivot Hip Drill
3 sets of 10 reps



Power Trigger Drill
3 sets of 10 reps



Two Tee Drill
3 sets of 10 reps

WORKOUT 12

BAT ONLY (NO BALLS)

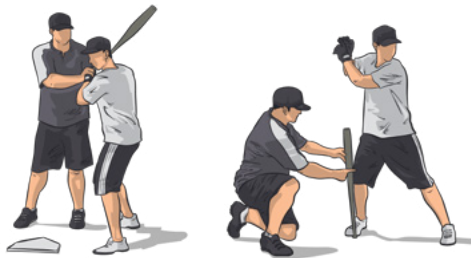


REQUIRED: Bat

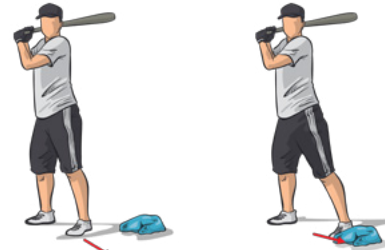


TIME: 10 MINUTES

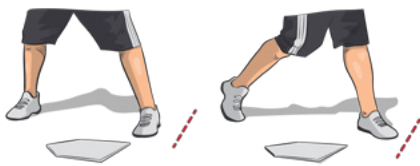
DYNAMIC WARMUP: Arm circles, Elbow Circles, Wrist Circles, Neck Rotations, Trunk Rotations, Leg Swings, Butt-kickers, High Knee Runs, Leg Swings, Carioca



Load Drill
2 sets of 10 reps



Step Drill
2 sets of 10 reps



Stride Line Drill
2 sets of 10 reps



Positive/Negative Drill
2 sets of 10 reps

WORKOUT 13

TEE DRILLS ONLY (NO PARTNER)



REQUIRED: Bat, Tee, Whiffle Balls

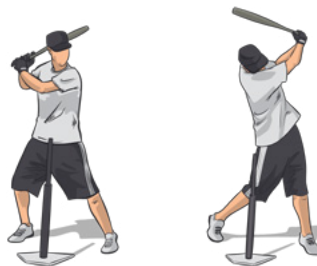


TIME: 20 MINUTES

DYNAMIC WARMUP: Arm circles, Elbow Circles, Wrist Circles, Neck Rotations, Trunk Rotations, Leg Swings, Butt-kickers, High Knee Runs, Leg Swings, Carioca



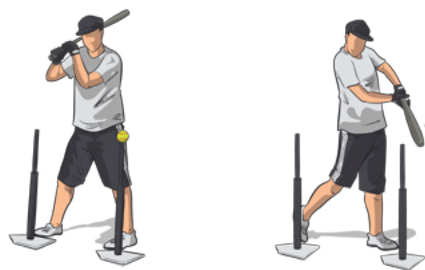
See The Ball Drill
2 sets of 10 reps



Swing Over the Tee Drill
3 sets of 10 reps



Tee Drill
3 sets of 10 reps



Two Tee Drill
3 sets of 10 reps



Inside Outside Drill
3 sets of 10 reps

WORKOUT 14

SOFT TOSS DRILLS ONLY (NO TEE)

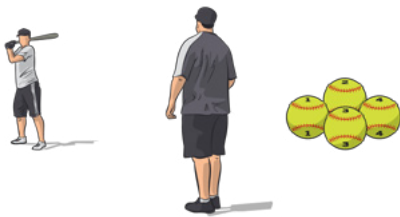


REQUIRED: Bat, Partner, Whiffle Balls, Numbered Balls, Bottle Caps



TIME: 20 MINUTES

DYNAMIC WARMUP: Arm circles, Elbow Circles, Wrist Circles, Neck Rotations, Trunk Rotations, Leg Swings, Butt-kickers, High Knee Runs, Leg Swings, Carioca



Numbered Ball Drill

3 sets of 10 reps



Fast Hands Drill

3 sets of 10 reps



Inside Pitch Drill

3 sets of 10 reps



Pivot Hip Drill

3 sets of 10 reps



Bottle Cap Drill

3 sets of 10 reps

WORKOUT 15

SOFT TOSS DRILLS ONLY (NO TEE)

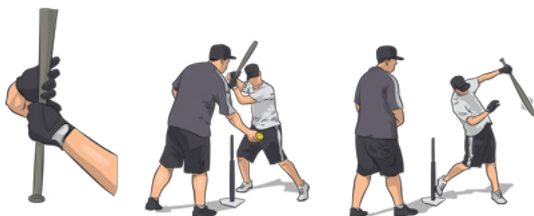


REQUIRED: Bat, Partner, Whiffle Balls, Whiffle Golf Balls



TIME: 20 MINUTES

DYNAMIC WARMUP: Arm circles, Elbow Circles, Wrist Circles, Neck Rotations, Trunk Rotations, Leg Swings, Butt-kickers, High Knee Runs, Leg Swings, Carioca



Fast Hands Drill
3 sets of 10 reps



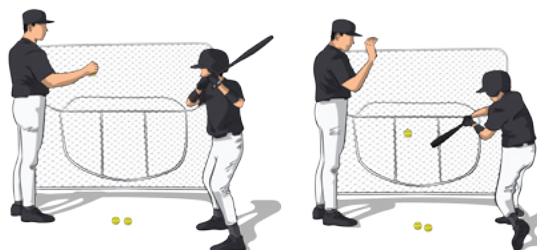
Whiffle Golf Ball Drill
3 sets of 10 reps



Curveball Flip Drill
3 sets of 10 reps



Pivot Hip Drill
3 sets of 10 reps



Drop Ball Drill
3 sets of 10 reps