



## Week 2 Day 2

There are 18 minutes of total action in a baseball game.

Goal\_\_\_\_\_

### Workout

- Mobility Warm up
- 15 Pitching knee forward- close-<https://vimeo.com/475089898/b1288a2f4a>
- 5 Snaps of other pitches with baseball
- 16 Full circle- no feet- <https://vimeo.com/475093528/959d788728>
  - Alternate one fastball and one change
  - You should be able to balance a book on your head when you are doing this
- 12 easy walk throughs- <https://vimeo.com/468515097>
  - start close and slow and work back to in front of the mound
- 12 backwards arm circle-<https://vimeo.com/471370060/6734bd5764>
- 15 Long toss- Either from behind 2nd base or high into a net
  - Walk-throughs
  - Let them sail
  - You shouldn't be further back than you can get to the catcher in the air
- 18 alternate pitches \*\*\* Spots should be close to hitting the location if it is way off do it again
  - Fast low and in
  - Change out
  - Drop in( fast high and in if you do not throw a drop ball)
- Pick any 3 pitches\*\* Must hit spot to move on
  - Complete each cycle with 1 pitch then move to the next
  - 0/2 inside, called strike inside, middle, called strike outside, 0/2 outside
- 3 sets of 6 pitch and go get-<https://vimeo.com/471363311/1ef7c08fcd>

**“The place between your comfort zone and your dream is where life takes place.”**

**Helen Keller**