



Week 1 Day 2

A shrimp's heart is in its head.

Goal_____

Workout

- Mobility Warm-up
- Crossed Feet- <https://vimeo.com/474645959/68acfde3c4>
- 20 easy walk throughs- <https://vimeo.com/468515097>
 - This is your warm up start SLOW and work your way to normal speed and distance
 - start close and slow and work back to normal speed behind the mound
- 10 1 to 1 from the mound- <https://vimeo.com/470141234/73b4e99a82>
 - You have to do 10 where you are able to balance on plant foot
- 16 Alternating walk-throughs- 1 fast and then 1 change (if you throw it)
 - 110% speed for fastball
- 10 Squat jump to pitch- <https://vimeo.com/474654865/061287e3da>
- 12 full fastballs
 - 2 in 2 out
- 3 X's- You pick which pitch to throw in the spot, but have to hit spot to move onto next spot
 - Low in
 - High out
 - Low out
 - High in
- 2 sets of 0/2 2/0 pitches **pick 2 pitches to throw if you only have a fastball just do the same pitch each time
 - You will throw the same pitch in each location
 - So, you will do fastball inside as a 2/0 pitch and then fastball inside as a 0/2 pitch THEN you will do a fastball outside as a 2/0 pitch and then a fastball outside as a 0/2 pitch
 - Then move on to the next pitch
 - Repeat the entire cycle again
- 10 min of mirror work
 - Grab socks balled up and watch yourself "pitch" in the mirror. Each pitch watch a different part of the pitch such as take off, back leg, arm whip. You can even do drills in the mirror to check on follow through and finish!

"If opportunity doesn't knock, build a door." Milton Berle