



## **Week 4 Day 2**

### **Net Workout**

Applesauce was the first food eaten in space by astronauts.

Goal\_\_\_\_\_

#### Workout

- \*\* You will either need a net or tarp (blank, sheet, curtain) to pitch into for this workout.
- \*\* You do not need full distance, just enough space to pitch
- \*\* No catcher
- Mobility Warmup
- 15 Full circle with pitching arm foot forward-  
<https://vimeo.com/485423318/27486d984b>
- 15 Arm up and down- <https://vimeo.com/474638681/48b5b61227>
- 12 “Walk-throughs” on the beam- <https://vimeo.com/485424229/1570773cd8>
  - If you don’t have a beam then use a powerline and focus on staying on it
- 12 Tennis ball in drive knee- <https://vimeo.com/485429879/5da6f0e6ac>
- 12 Stand up and pitch- <https://vimeo.com/485431877/a13799d454>
- 3 rounds of 1 minute walk-throughs- <https://vimeo.com/485428795/6fa8a58a33>
  - You will need about 15 balls
  - You can mix it up and throw normal balls, 11 inch, tennis balls, light flights
- 20 fastballs into net AS FAST as you can throw them
- 20 mix 1 fast and 1 change

**“I can't change the direction of the wind, but I can adjust my sails to always reach my destination.”**

**Jimmy Dean**