



Week 2 Day 2- Whip work into net

Even in an airplane, a trip to Pluto would take about 800 years.

Goal_____

The goal for the workout today is primarily to work on your whip, arm path, snap and spin. I know arm stuff can be a little boring and monotonous, however having good whip and being able to feel a strong release is very important for speed. I want you to do 10 of each exercise and I want you to throw them all into a net or a sheet, not a catcher so that you can focus on your arm and not your location.

Workout

- Mobility work
- Palm up from one knee- <https://vimeo.com/475089898/b1288a2f4a>
 - Pitching knee up
- Palm up from K position- <https://vimeo.com/474638681/48b5b61227>
- Palm up- K position with water bottle half full-
<https://vimeo.com/490383094/33b0747871>
- Full circle with ball in tube sock- <https://vimeo.com/490382151/9b3a6c502c>
- Pitching foot forward- Full circle with feet still-
<https://vimeo.com/485423318/27486d984b>
- Pitching foot forward- Step through and throw-
<https://vimeo.com/490381898/bcada2676e>
- As far back as you can get- Kneel with pitching knee down- Full circle-
<https://vimeo.com/468519865>
- Stand on something wobbly (pillow, kneeling pad, half bosu ball)
 - 10 on each foot
 - If you don't keep your balance they don't count
- 20 full fastballs- Focus on feeling the ball roll off your fingertips
- 3 rounds of 1 min of walk-throughs- <https://vimeo.com/485428795/6fa8a58a33>

“The difference between a successful person and others is not lack of strength not a lack of knowledge but rather a lack of will.” – Vince Lombardi