



Virtual Coach  
Week 5 Workout Plan

Hello Bulldogs! We hope that you are staying active. This week, we want you to get your parents and loved ones involved in your training. We have put together a program that will allow you to show off your skills and also help you teach others. We also put together a workout plan that is challenging but very helpful.

You should do this workout at least 3 days this week, take one day off in between to get your arm some rest. Do not perform any exercise if you experience soreness or pain in your arm or any other body part.

1. Dynamic Warm Up, [click here for video](#)
2. Throwing Routine (approximately 40-50 throws), [click here for video](#)
3. Turn and Burns/Jeter Throws, [click here for video](#)
4. Fielding Drills without Partner (15-25 reps per drill), [click here for video](#)
5. Defensive Step with or without ball (15-25 reps), [click here for video](#)
6. One/Two Ball Challenges, [click here for video](#)
7. Wall Ball Game (if available), Play a game to 20, [click here for video](#)
8. Circuit Training, [click here for video](#)

Don't forget to complete the Bulldogs Challenge (Round 3) by Wednesday! Here is the link to the challenge, [Bulldogs Challenge \(Round 3\)](#)