



Virtual Coach
Workout Plan- Week 6

Hello Bulldogs! We hope that you are staying active and that these workouts are helping you keep your game in shape. We have a challenging new workout as well as new Pitching and Catching videos that we have included into this workout plan.

Reminder! Wednesday Webinar with special guest KC Royal Pitcher, Alex Katz. Join us 5:30pm as we discuss Alex's preparation for the upcoming season. Here is the zoom link to join in, <https://us02web.zoom.us/j/86361551684>.

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 (3 sets of 5-7 throws), [click here for video](#)
4. Wall Drills by Nate Trosky, [click here for video](#)
5. Pitching Drills (do as many of these drills as you want), [click here for video](#)
6. Catching and Receiving Drills (do as many of these drills as you want), [click here for video](#)
7. Circuit Training, [click here for video](#)

Bulldogs Challenge (Round 4)

Don't forget to complete the Bulldogs Challenge (Round 4)! It is a week long challenge that begins today. Here is the link to the challenge, [Bulldogs Challenge \(Round 4\)](#)