



Virtual Coach
Workout Plan- Week 7

Hello Bulldogs! We hope that you are staying active and getting outside safely and responsibly. We have a great workout plan for you this week. Please feel free to get creative with the workouts and drills.

Reminder! Wednesday Webinar with special guest Seattle Mariners Hitting Coach, Rob Benjamin. Join us 5:30pm as we talk with Rob about player development from the youth to professional level. **Link to join Webinar**
<https://us02web.zoom.us/j/81657871946>

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. Short Hops, [click here for video](#)
5. Pitching Drills (do as many of these drills as you want), [click here for video](#)
6. Outfielding Drills, [click here for video](#)
7. Circuit Training, [click here for video](#)

Articles we are discussing amongst the coaches:

[MLB Return to Play Proposal](#)

[Korean Baseball on ESPN](#)