



Virtual Coach  
Workout Plan- Week 8

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 guest Miami Marlins Scout, Carmen Carcone.** Join us 5:30pm as we talk with Carmen about player development from the youth to professional level. **Link to join Webinar**  
<https://us02web.zoom.us/j/88605601934>

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. Fun Drills and Competition, [click here for video](#)
5. Infielding Prep Step Drills, [click here for video](#)
5. Pitching Drills (do as many of these drills as you want), [click here for video](#)
6. Hitting Drills, [click here for video](#)
7. Circuit Training, [click here for video](#)

Check out Live Baseball on ESPN:

[Korean Baseball on ESPN](#)