



Virtual Coach
Workout Plan- Week 9

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.

Wednesday Coaches Webinar; 5:30 with LA Dodgers and Team Israel coach, Nate Fish. We will discuss player development with our long time friend and former Bulldogs coach, Nate Fish.

1. Dynamic Warm Up, [click here for video](#)
2. Throwing Routine (approximately 50-75 throws), [click here for video](#)
3. Turn and Burns/Jeter Throws (1 set 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. Sprints (5 x 120 feet)- full speed, maximum effort
7. Circuit Training, [click here for video](#)

Check out Live Baseball on ESPN:

[Korean Baseball on ESPN](#)