



Virtual Coach
Workout Plan- Week 10

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 FullReps Training Center, Director of Player Development Scott Swanson. Scott and his team specialize in developing elite pitchers. His process has led to a significant reduction in arm injuries for his athletes and increased durability and velocity. Scott will be discussing player development and the safe return to play for players after not playing a spring season. This webinar is all about your child's safety and health on the field.

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 (2 sets of 5-7 throws), [click here for video](#)
4. Pitching Drills (do as many of these drills as you want), [click here for video](#)
5. Hitting Drills, [click here for video](#)
6. Wall Drills by Nate Trosky, [click here for video](#)
7. Catching and Receiving Drills, [click here for video](#)
8. Sprints (7 x 120 feet)- full speed, maximum effort
9. Circuit Training, [click here for video](#)