

MVP Baseball School Home Practice Plan

Infielders - Alone/With Parent

<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THU</u>	<u>FRI</u>	<u>SAT</u>
Rest	Short Toss (See Throwing Program)	Long Toss (See Throwing Program)	Rest	Short Toss (See Throwing Program)	Long Toss (See Throwing Program)
Fielding Ladder Drill	Fielding Forehand Cone Drill	Fielding Self-Short Hop Drill	Fielding Push Through/Funnel Hands Progression	Fielding Dry Ball Drills	Fielding Choose Your Own Drill
Hitting <u>Pick One:</u> Balance Direction Quickness Vision	Hitting <u>Pick One:</u> Balance Direction Quickness Vision	Hitting <u>Pick One:</u> Balance Direction Quickness Vision	Hitting <u>Pick One:</u> Balance Direction Quickness Vision	Hitting <u>Pick One:</u> Balance Direction Quickness Vision	Hitting <u>Pick One:</u> Balance Direction Quickness Vision
Strength Training	Conditioning Program	Strength Training	Conditioning Program	Strength Training	Conditioning Program

Outfielders

<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THU</u>	<u>FRI</u>	<u>SAT</u>
Rest	Short Toss (See Throwing Program)	Long Toss (See Throwing Program)	Rest	Short Toss (See Throwing Program)	Long Toss (See Throwing Program)
Fielding - Ground Ball in Place - Ground Ball Play Thru - Do or Die	Fielding - QB Drill - Circle Up - QB Drill Bad Read	Fielding - Line/Gap Footwork - Diving Drill - Ball At Fence	Fielding - Ground Ball in Place - Ground Ball Play Thru - Do or Die	Fielding - QB Drill - Circle Up - QB Drill Bad Read	Fielding - Line/Gap Footwork - Diving Drill - Ball At Fence
Hitting <u>Pick One:</u> Balance Direction Quickness Vision	Hitting <u>Pick One:</u> Balance Direction Quickness Vision	Hitting <u>Pick One:</u> Balance Direction Quickness Vision	Hitting <u>Pick One:</u> Balance Direction Quickness Vision	Hitting <u>Pick One:</u> Balance Direction Quickness Vision	Hitting <u>Pick One:</u> Balance Direction Quickness Vision
Strength Training	Conditioning Program	Strength Training	Conditioning Program	Strength Training	Conditioning Program

Catchers

<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THU</u>	<u>FRI</u>	<u>SAT</u>
Rest	Short Toss (See Throwing Program)	Long Toss (See Throwing Program)	Rest	Short Toss (See Throwing Program)	Long Toss (See Throwing Program)
Fielding - Framing - Glove-Hand Transfer - 1st, 2nd, 3rd Throw Footwork	Fielding - Blocking - Pass Ball - Bunt Field Footwork	Fielding - Catcher Pop Up - Live Throw to Bases - Tag Technique	Fielding - Framing - Glove-Hand Transfer - 1st, 2nd, 3rd Throw Footwork	Fielding - Blocking - Pass Ball - Bunt Field Footwork	Fielding - Catcher Pop Up - Live Throw to Bases - Tag Technique
Hitting <u>Pick One:</u> Balance Direction Quickness Vision	Hitting <u>Pick One:</u> Balance Direction Quickness Vision	Hitting <u>Pick One:</u> Balance Direction Quickness Vision	Hitting <u>Pick One:</u> Balance Direction Quickness Vision	Hitting <u>Pick One:</u> Balance Direction Quickness Vision	Hitting <u>Pick One:</u> Balance Direction Quickness Vision
Strength Training	Conditioning Program	Strength Training	Conditioning Program	Strength Training	Conditioning Program

Pitchers

<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THU</u>	<u>FRI</u>	<u>SAT</u>
Rest	Short Toss (See Throwing Program)	Long Toss (See Throwing Program)	Rest	Short Toss (See Throwing Program)	Long Toss (See Throwing Program)
Fielding PFP Drills	Fielding PFP Drills	Fielding PFP Drills	Fielding PFP Drills	Fielding PFP Drills	Fielding PFP Drills
Band Work	Band Work	Band Work	Band Work	Band Work	Band Work
Strength Training	Conditioning Program	Strength Training	Conditioning Program	Strength Training	Conditioning Program

Throwing Program

Short Toss Day

Short Toss days are submaximal effort days, meaning throws should be 75-85 percent. The goal here is to get the arm in shape to throw after a long period of time off. Think of it like running a marathon. When training for a marathon, you start slow, running a greater distance each time you go out to run. We are building our arm strength up.

Everything below is contingent upon HOW YOU FEEL. If the arm feels good, continue to throw and get into positional throwing by the end. If the arm begins to fatigue, SHUT IT DOWN. There is no point in pushing through fatigue. This is where injuries occur.

Time: 15-25 minutes

Distance: Start at 5 yards and gradually move back until you reach 30 yards
(MAXIMUM 30 Yards)

POSITIONAL THROWS

Infielders	Outfielders	Catchers
Fielding Ground Ball	Ground Ball Play Thru It	Throw to 1st
Throw on the Run	Fly Ball	Throw to 2nd
Double Play Turn at 2nd	Line/Gap Footwork	Throw to 3rd
Relay Throws		Bunt Coverage Throws

LONG TOSS DAY

Long Toss days are going to be Maximal effort days. The goal here is to increase arm strength by increasing the distance of our throws. DO NOT BEGIN LONG TOSS UNTIL YOU'VE HAD AT LEAST ONE WEEK OF SHORT TOSS DAYS.

There are two phases of the Long Toss Day:

- 1) Going Out Phase - During this phase we want to focus on getting as much air under the ball on ALL of our throws (even at 15 yards). The arc of the ball should be in the form of a rainbow.

Continue to gradually increase the distance until you CAN'T get the ball there in the air. Again, throw the ball as high as you can. Once you have reached your maximum distance, it is time for the second phase, Coming In Phase.

- 2) Coming In Phase: Once you have reached maximum distance, for example, 80 yards, come in at 10 yard increments of 6-8 throws. These throws should be on a direct line to your partner. It does not matter if it takes 20+ hops. We are working on the acceleration phase of the throw. Continue to come in until you reach the 20 yard line. At the 20 yard line, continue to throw as many maximum effort throws as you can until fatigued (Usually the ball starts to sink down or is not as hard). Once fatigued, you are DONE!

Example:

80 Yards: 6-8 Throws

70 Yards: 6-8 Throws

60 Yards: 6-8 Throws

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30 Yards: 6-8 Throws

20 Yards: As many until fatigued

***IMPORTANT - If you are fatigued prior to getting to 20 yards...STOP!!!**

Conditioning Program

Dynamic Warm Up

Jog to Backpedal - 20 Yards x 2

10 Yards of Exercise then Jog 10 Yards

Walking Knee Hug

Quad Pull

Toe Touch

Figure 4

Lateral Lunge

Frankensteins

20 Yards Each

Pogo Jumps

Pogo Jumps for Height

Forward Skip

Backward Skip

Sideways Skip

Skip for Distance

***Every Conditioning Day pick one option from sprinting section AND one option from Plyometric Section**

Plyometrics

Beginner	Option 1	Option 2
Drop to Base X 5	Broad Jump X 10 Reps (Rest :20 Between Reps)	Heidens 3-4 Sets X 8-12 each Leg (1-2 min Rest between Sets)
Drop - Hold - Jump X 5	3 Consecutive Broad Jumps X 6 Reps (Rest :45 Between Reps)	Lateral Tuck Jump 3-4 Sets X 20 Jumps (1-2 min Rest between Sets)
Drop - Jump x 5	5 Consecutive Broad Jumps X 4 Reps (Rest 1:00 Between Reps)	Scissor Jumps 3-4 Sets X 10-20 Jumps (1-2 min Rest between Sets)
Drop - Jump - Jump x 5		

Sprints

Pick One for ALL SPRINTS: Standing, Push Up, Half Kneeling

Option 1	Option 2	Option 3
10 Yard Sprints X 6-10 Reps (Rest :30 Between Sprints)	10 Yard Sprints X 8-12 Reps (Rest :30 Between Sprints)	10 Yard Sprints X 8-12 Reps (Rest :30 Between Sprints)
30 Yard Sprints X 3-5 Reps (Rest :45-1:00 Between Sprints)	60 Yard Sprints X 3-5 Reps (Rest 1:00-2:00 Between Sprints)	Flying Sprints X 6-8 Runs Jog 15-20 Yards, gradually building up speed, get to top speed, maintain for 40-60 Yards (Rest 2:00-3:00 Between Sprints)

Strength Training

Mobility

Cats/Camels x 10
Hip Circles x 10 each
T-Spine x 10 each
Hamstring x 10 each
Calf Raises x 15

Core

***Objective here is to create as much tension in the whole body as possible.
Squeeze every muscle**

Plank x :30 - 1:00
Side Plank x :30 - 1:00 each side
Glute Bridge Hold x :30 - 1:00
Split Squat Hold x :30 - 1:00 each leg
Rotational Stability x :10 Hold each side x 5 - 8 Reps

Strength

***Objective is to have slow and controlled movements. Going too fast won't let the muscles work as long. Full range of motion is the key.**

3-5 Rounds of Each

Reverse Lunge x 20+ Reps each leg
Push Ups x 15+ Reps
Glute Bridge/Single Leg Glute Bridge x 20+ Reps
Lateral Bear Crawl x 3 Right/Left x 5 Total
Banded Row (If you have bands) x 15+ Reps