

Cougar Baseball Conditioning

Week 1 - Offseason

Day 1

5 min **Warm up and Flexibility**

10 min **Speed/Agility**

10 yard steal starts x 10

Walking Lunges - 3 x 20 yards

Standing Broad Jumps - 3 x 20 yards

Squat Jumps - 3 x 20

15 min **Strength (circuits) 2x15**

Pull ups

Dry Squat

Push up

Box step up

Squat and touch

Calf raise

incline push up

Shoulders 1x10

forward raise, lateral raise, shrug

reverse fly, internal rotation

external rotation, super

inward rotation, shoulder extnsion

20 min **Aerobics - 20 min jog**

5 min **Cool Down/Stretch**

Seated Leg tucks x 50

Lateral crunches with knees bent x 30

Bicycle x 30

V-ups x 30

1 Leg Up / Switch to other leg x 30 each leg

Day 2

5 min **Warm up and Flexibility**

10 min **Speed/Agility**

Starts 8 x 20 yards

Get ups - head first, seated, dive back x 5

Cone jumps - feet together, side to side, one foot - 6 cones x 3

Tuck Jump x 25

15 min **Strength 2x15**

Walking lunge

Pull ups

Dry Squat

Push up

Box step up

Calf raise

incline push up

Shoulders 1x10

forward raise, lateral raise, shrug

reverse fly, internal rotation

external rotation, super

inward rotation, shoulder extnsion

20 min **Aerobics - 20 min jog**

5 min **Cool Down/Stretch**

Seated Leg tucks x 50

Lateral crunches with knees bent x 30

Bicycle x 30

V-ups x 30

1 Leg Up / Switch to other leg x 30 each leg

Week 2 - Offseason

Day 1

5 min **Warm up and Flexibility**

10 min **Speed/Agility**

Starts 8 x 20 yards
Buildups x 5
One leg broad jumps x 10
Dot drills

15 min **Strength (Circuits) 2x12**

DB step-up
DB bench press
DB lunge
DB Row
DB Calf Raise
DB tricep kickback
DB hammer curl

Shoulders 1x10

Band work

20 min Aerobic

5 min **Cool Down/Stretch**

Seated Leg tucks x 50
Lateral crunches with knees bent x 30
Bicycle x 30
V-ups x 30
1 Leg Up / Switch to other leg x 30 each leg

Day 2

5 min **Warm up and Flexibility**

10 min **Speed**

High Knee Ladders
One foot speed ladder
2 feet speed ladder
2 feet together in and out side to side
Deion dance ladder

15 min **Strength (Circuits) 2x12**

DB step-up
DB bench press
DB lunge
DB Row
DB Calf Raise
DB tricep kickback
DB hammer curl

Shoulders 1x10

Band work

20 min Aerobic

5 min **Cool Down/Stretch**

Seated Leg tucks x 50
Lateral crunches with knees bent x 30
Bicycle x 30
V-ups x 30
1 Leg Up / Switch to other leg x 30 each leg

Week 3 - Offseason

Day 1

5 min **Warm up and Flexibility**

10 min **Speed/Agility**

Eye focus x5

Day 2

5 min **Warm up and Flexibility**

10 min **Speed/Agility**

dot drill x5

A skip x5
Wheel drill 3x 5steps hold one foot
slj 1 foot land, slj 2 ft land x5
12in box jump on/off 2x5

x jumps x 10
Rise, fall, Run 50% then 75% x 5
slj 1 foot land, slj 2 ft land x5
12in box jump on/off 2x5

15 min **Strength (circuits) 3x10**

DB step up
DB bench
Lat pull (overhand)
DB shrug
Triceps press down
Bicep curl
Leg curl
Wrist curl
MD Ball twist 1x10
Back to Back twist, kneel, sit
Figure 8
Off center pass
Lateral Pass

15 min **Strength (circuits) 3x10**

DB step up
DB bench
Lat pull (overhand)
DB shrug
Triceps press down
Bicep curl
Leg curl
Wrist curl
MD Ball twist 1x10
Back to Back twist, kneel, sit
Figure 8
Off center pass
Lateral Pass

Shoulders 1x10

Shoulders 1x10

20 min **Aerobics** - Sprints 10 x 100yd

20 min **Aerobics** - Sprints 10 x 100yd

5 min **Cool Down/Stretch**
abs

5 min **Cool Down/Stretch**
abs

Week 4 - Offseason

Day 1

5 min **Warm up and Flexibility**

Day 2

5 min **Warm up and Flexibility**

10 min **Speed/Agility**

Eye focus x5
A skip x5
Wheel drill 3x 5steps hold one foot
slj 1 foot land, slj 2 ft land x5
12in box jump on/off 2x5

10 min **Speed/Agility**

dot drill x5
x jumps x 10
Rise, fall, Run 50% then 75% x 5
slj 1 foot land, slj 2 ft land x5
12in box jump on/off 2x5

15 min **Strength (circuits) 3x10**

DB step up
DB bench
Lat pull (overhand)
DB shrug
Triceps press down
Bicep curl
Leg curl
Wrist curl
MD Ball twist 1x10
Back to Back twist, kneel, sit
Figure 8
Off center pass
Lateral Pass

Shoulders 1x10

20 min **Aerobics**

5 min **Cool Down/Stretch**

abs

Week 5 - Offseason

Day 1

5 min **Warm up and Flexibility**

10 min **Speed/Agility**

Steal starts x10
Wheel drill
dot drill
Tuck Jump 2x5
Scissor jump 2x5

15 min **Strength (circuits) 3x10**

DB step up
DB bench

15 min **Strength (circuits) 3x10**

DB step up
DB bench
Lat pull (overhand)
DB shrug
Triceps press down
Bicep curl
Leg curl
Wrist curl
MD Ball twist 1x10
Back to Back twist, kneel, sit
Figure 8
Off center pass
Lateral Pass

Shoulders 1x10

20 min **Aerobics**

5 min **Cool Down/Stretch**

abs

Day 2

5 min **Warm up and Flexibility**

10 min **Speed/Agility**

Steal starts x10
Wheel drill
dot drill
Tuck Jump 2x5
Scissor jump 2x5

15 min **Strength (circuits) 3x10**

DB step up
DB bench

Lat pull (overhand)
DB shrug
Triceps press down
Bicep curl
Leg curl
Wrist curl
MD Ball twist 1x10
Back to Back twist, kneel, sit
Figure 8
Off center pass
Lateral Pass

Shoulders 1x10

Lat pull (overhand)
DB shrug
Triceps press down
Bicep curl
Leg curl
Wrist curl
MD Ball twist 1x10
Back to Back twist, kneel, sit
Figure 8
Off center pass
Lateral Pass

Shoulders 1x10

20 min **Aerobics**

20 min **Aerobics**

5 min **Cool Down/Stretch**

5 min **Cool Down/Stretch**

Week 6 - Offseason

Day 1

5 min **Warm up and Flexibility**

Day 2

5 min **Warm up and Flexibility**

10 min **Speed/Agility**

Steal starts x10
Wheel drill
dot drill
Tuck Jump 2x5
Scissor jump 2x5

10 min **Speed/Agility**

Steal starts x10
Wheel drill
dot drill
Tuck Jump 2x5
Scissor jump 2x5

15 min **Strength (circuits) 3x10**

DB step up
DB bench
Lat pull (overhand)
DB shrug

15 min **Strength (circuits) 3x10**

DB step up
DB bench
Lat pull (overhand)
DB shrug

Triceps press down
Bicep curl
Leg curl
Wrist curl
MD Ball twist 1x10
Back to Back twist, kneel, sit
Figure 8
Off center pass
Lateral Pass

Shoulders 1x10

20 min **Aerobics**

5 min **Cool Down/Stretch**

Triceps press down
Bicep curl
Leg curl
Wrist curl
MD Ball twist 1x10
Back to Back twist, kneel, sit
Figure 8
Off center pass
Lateral Pass

Shoulders 1x10

20 min **Aerobics**

5 min **Cool Down/Stretch**

Week 7 - Offseason

Day 1

5 min **Warm up and Flexibility**

10 min **Speed/Agility**

Box Drills 2x10

10 yard sprints x10

Ladder drills

Down the line jumps

15 min **Strength (circuits) 3x10**

Rocky twist MD

Shoulders 1x10

20 min **Aerobics**

5 min **Cool Down/Stretch**

Day 2

5 min **Warm up and Flexibility**

10 min **Speed/Agility**

Box Drills 2x10

10 yard sprints x10

Ladder drills

Down the line jumps

15 min **Strength (circuits) 3x10**

Shoulders 1x10

20 min **Aerobics**

5 min **Cool Down/Stretch**

Week 8 - Offseason

Day 1

5 min **Warm up and Flexibility**

10 min **Speed/Agility**

15 min **Strength (circuits) 3x10**

Shoulders 1x10

20 min **Aerobics**

5 min **Cool Down/Stretch**

Day 2

5 min **Warm up and Flexibility**

10 min **Speed/Agility**

15 min **Strength (circuits) 3x10**

Shoulders 1x10

20 min **Aerobics**

5 min **Cool Down/Stretch**

Week 9 - Offseason

Day 1

5 min **Warm up and Flexibility**

10 min **Speed/Agility**

15 min **Strength (circuits) 3x10**

Shoulders 1x10

20 min **Aerobics**

5 min **Cool Down/Stretch**

Day 2

5 min **Warm up and Flexibility**

10 min **Speed/Agility**

15 min **Strength (circuits) 3x10**

Shoulders 1x10

20 min **Aerobics**

5 min **Cool Down/Stretch**