

WORKOUT #1 [SOLO]

BACK YARD PITCHING DRILLS

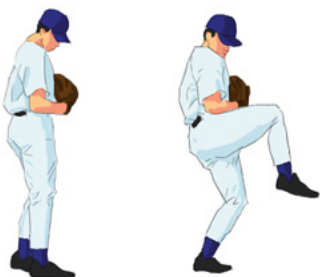


Required: Glove, Ball, Towel, Chair

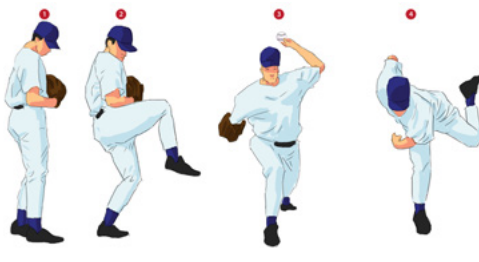


10-15 minutes

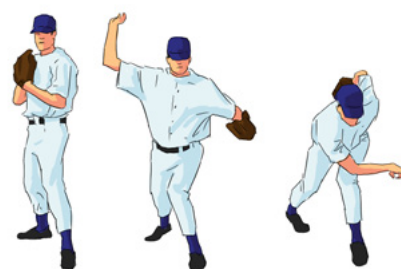
Warmup: Shoulder Circles, Arm Circles, Overhead Triceps Stretch, Shoulder Stretch, Walking Lunges with Twist, High Knee Runs, Butt kicker Runs



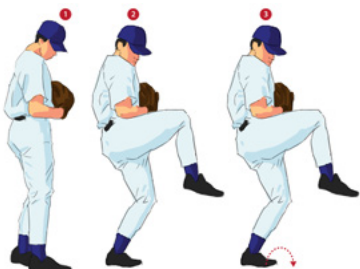
Push Off Drill
10 reps



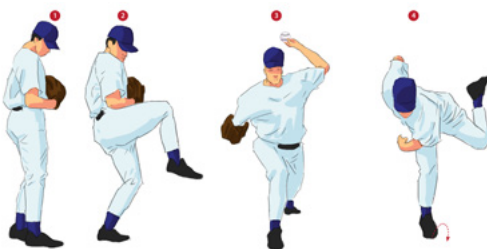
Stride Foot Drill
10 reps



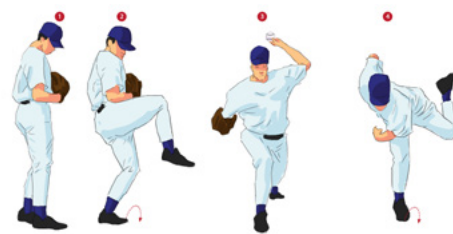
Stride Drill
10 reps



Balance Hop Back Leg
10 reps



Balance Hop Front Leg
10 reps



Balance Hop Both Legs
10 reps



Towel Drill
3 x 10 reps

WORKOUT #2 [SOLO]

BACK YARD PITCHING DRILLS

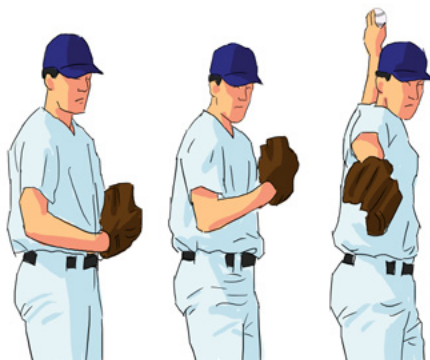


Required: Glove, Ball, Throwing Target

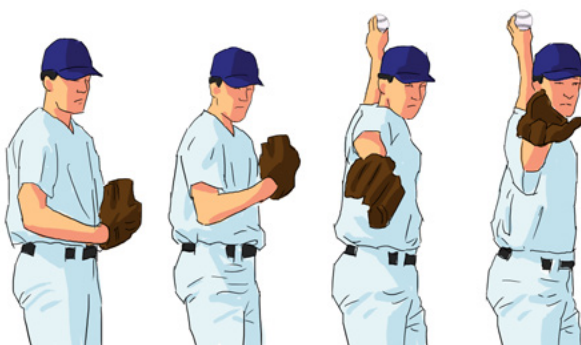


10-15 minutes

Warmup: Shoulder Circles, Arm Circles, Overhead Triceps Stretch, Shoulder Stretch, Walking Lunges with Twist, High Knee Runs, Butt kicker Runs



Arm Lift Drill
10 reps



Front Arm Drill
10 reps



Chest Drill
10 reps

Chin Drill
10 reps

Eyes Drill
10 reps



Trajectory Drill
2 x 10 reps



Right to Left Drill
2 x 10 reps

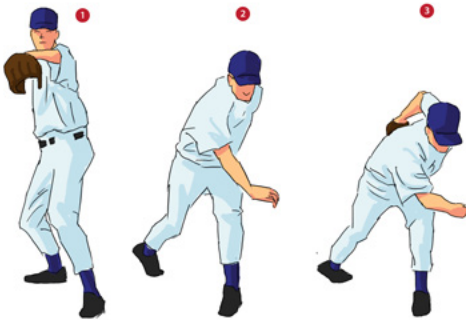


Required: Glove, Ball, Towel Chair



10-15 minutes

Warmup: Shoulder Circles, Arm Circles, Overhead Triceps Stretch, Shoulder Stretch, Walking Lunges with Twist, High Knee Runs, Butt kicker Runs



Heel Over Drill
2 x 10 reps



Chair Drill
2 x 10 reps



Right to Left Drill
2 x 10 reps



Trajectory Drill
2 x 10 reps



Towel Drill
3 x 10 reps

WORKOUT #4 [SOLO]

BACK YARD PITCHING DRILLS

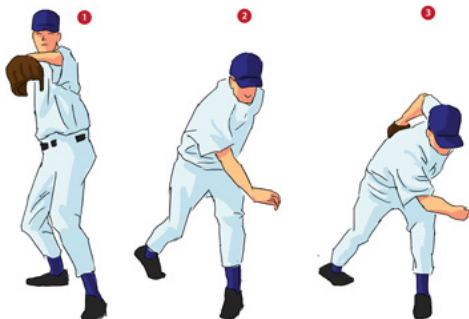


Required: Glove, Ball, String, Flat Pad, Paper Cup



10-15 minutes

Warmup: Shoulder Circles, Arm Circles, Overhead Triceps Stretch, Shoulder Stretch, Walking Lunges with Twist, High Knee Runs, Butt kicker Runs



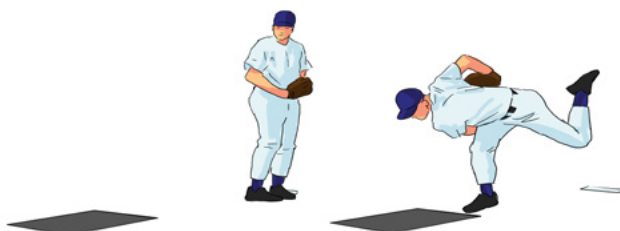
Heel Over Drill
2 x 10 reps



String Drill
2 x 10 reps



Paper Cup Drill
3 x 10 reps



Pads for Stride Drill
3 x 10 reps

WORKOUT #5 [PARTNER]

BACK YARD PITCHING DRILLS

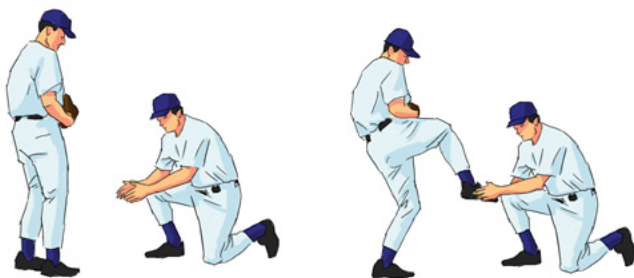


Required: Glove, Ball, Partner or Coach, Broomstick



10-15 minutes

Warmup: Shoulder Circles, Arm Circles, Overhead Triceps Stretch, Shoulder Stretch, Walking Lunges with Twist, High Knee Runs, Butt kicker Runs



Leg Lift Drill
10 reps



Rotation Drill
3 x 10 reps



Target Catch Drill
5 x 6 targets each



Broomstick Drill
3 x 10 reps

WORKOUT #6 [PARTNER]

BACK YARD PITCHING DRILLS



Required: Glove, Ball, Partner or Coach,
Batting Tee, Pitching Screen



10-15 minutes

Warmup: Shoulder Circles, Arm Circles, Overhead Triceps Stretch, Shoulder Stretch, Walking Lunges with Twist, High Knee Runs, Butt kicker Runs



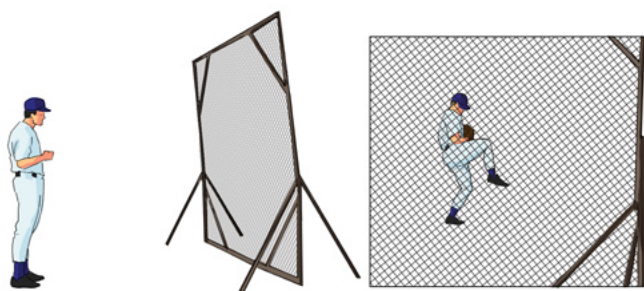
Trajectory Drill
2 x 10 reps



Target Catch Drill
5 x 6 targets each



Batting Tee Drill
3 x 10 reps



Screen Drill
3 x 10 reps