

# CADETS BASEBALL OFF-SEASON TRAINING GUIDE

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**ENGINEERED BY CHARACTER. BUILT BY CULTURE.** 



### **CREATING YOUR OFF-SEASON PLAN**

Ideas to keep in mind when developing your off-season plan:

- What does a conference, section, & state champion do in the offseason?
- What are your personal goals for next season?
- Will your current daily, weekly, & monthly habits help you reach your goals? If not, what must you change?
- Focus on your development as a whole: academics, family, character, leadership, mental, physical (strength, diet, sleep)
- Create achievable benchmarks/goals; track your progress
- Encourage and motivate your teammates alongside you

"Everyone wants to be great, until it's time to do what greatness requires."

-- Joshua Medcalf, Chop Wood, Carry Water



### **ONLINE LINKS & RESOURCES**

### THROWING & ARM CARE

- o Jaeger Sports Off-Season Throwing Program
- o <u>Driveline Baseball Arm Care Program</u>
- o Team Mustard Throwing/Pitching Articles

### STRENGTH TRAINING

- STACK 16-Week Training Program
- o STACK Speed & Agility Program

### FIELDING

- Infield Dailies & Drills (Go to 7:00 mark)
- o Outfield Footwork Dailies

#### HITTING

o <u>Driveline Baseball Hitting Program</u>

### Twitter accounts to follow:

Rob Friedman (@PitchingNinja) - Pitching
Trey Hannum (@TJHannam10) - Hitting
Gerry DeFilippo (@Challenger\_ST) - Strength Training
Mustard App (@TeamMSTRD) - Pitching & Arm Care
Jerry Weinstein (@JWonCATCHING) - Catching
Trosky Baseball (@troskybaseball) - Defense
The Catching Guy (@TheCatchingGuy) - Catching



### **LOCAL CLUB & TRAINING PROGRAMS**

MASH Baseball - Eagan
(See "Hitting Programs" & "Catching Programs")
Great Lakes Baseball Academy - Woodbury & Arden Hills
(See "Pitching Velocity Program" & "Winter Fielding Camp")
Blizzard Baseball - Edina & Vadnais Heights
NorthStar - Burnsville
Pitch 2 Pitch - Chaska

### SUGGESTED OFF-SEASON TRAINING GUIDE

### **August-October**

- Focus on fall team/sport
- Limit throwing if possible (Pitchers: off-ramp throwing program)
- Begin weight training program
- Hitting & fielding work

### November-December

- Focus on winter team/sport
- No throwing "Active Rest" period (strength training/arm care)
- Continue weight training & speed training
- Indoor cage hitting work or hitting lessons

### January

- Captains' practice begins
- Light throwing (2x per week at 50-60% effort & distance)
- Continue weight training & speed training
- Continue hitting & fielding work or lessons



### SUGGESTED OFF-SEASON TRAINING GUIDE (Cont.)

### **February**

- Moderate throwing (2-3x per week at 60-75% effort & distance)
- Pitchers begin 45-foot flat-ground bullpens (focus on location & offspeed development)
- Weight training & speed training: Focus on maxes and explosiveness
- Continue hitting & fielding work or lessons

### March

- Increased throwing (3-4x per week at 75-90% effort & distance)
  - Long toss 2x per week
- Arm Care & Tryouts begin mid-March
  - Pitchers ready for 25-40 pitch bullpens at 95% effort

\*\*Athletes are encouraged to connect with Steve Rosga, STA Strength & Conditioning Coach, to create more in-depth off-season strength training plans.\*\*

"Under pressure you don't rise to the occasion, you sink to the level of your training." -- Navy SEALS



### **NUTRITION & WELLNESS GUIDE**

Courtesy of senior captain Asa Rapp

# REAKFAS



Oatmeal, Greek yogurt, fruit, bagel/toast, eggs



Pastries, cereal, yogurt w/ sugar, juice, bacon, sausage



Foods high in carbohydrates and sugar provide a short-term energy boost, but later cause an insulin crash, resulting in sluggishness.

# LUNCH-DINNER



Pasta, lean protein (chicken, turkey, fish, shrimp), rice, potato, fruit, veggies, tortilla, beans, avocado



Pizza, sour cream, mayo, cheese, fried meats, fried potatoes, excessive red meat, bread buns



Avoid foods high in saturated fats, as they can often make you feel bloated.

## SNACKS



Nuts, Greek yogurt, cottage cheese, fruit



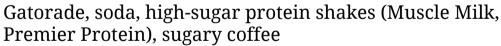
Chips, salty crackers (i.e. Cheez Its, Goldfish), candy, pretzels

## RINKS



**Water**, Powerade Zero, protein shakes (Fairlife shakes or blended shake w/ whey protein), almond or oat milk, coffee w/ low calorie creamer or milk







Drink water consistently. Hydration is key for optimal performance. Soda & sports drinks are extremely high in sugar and calories.

## SLEEP



### Aim for 8.5-10 hours of sleep per night consistently



Lack of sleep leads to inhibited ability, decreased reaction time, difficulty with decision-making, increased risk of injury and illness



Sleep tips: Create a routine, sleep in a cool & dark room, avoid electronics 1 hour before bed, eat 2-4 hours before bed



### TRAINING CIRCUITS

### **DYNAMIC/STATIC WARMUP**

Short Jog
Walking Knee-to-Chest
Walking Lunge & Twist
Side-to-Side Lunges
Frankensteins
Flamingoes
High Knees
Butt Kicks
Carioca
75% & 100% Sprint
Butterflies
Hamstring & Quad stretches
Arm Circles (Forward & Back)

### **JAEGER-BAND ROUTINE**

Overhead Forearm Extensions
Forward Flies
Backward Flies
Internal Rotation
External Rotation
Elevated Internal Rotation
Elevated External Rotation
Reverse Throwing
Forward Throwing

Diagrams at: www.jaegersports.com/j-bands-exercises-workout/

### THROWING PROGRESSION

**Arm Scissors & Hammers** 

Wrist Snaps (10-15')
Pivot Picks (20-30')
Concrete Feet (30-40')
Rockers (40-50')
Quick Catch (50-60')
Shuffle, Shuffle, Throw (60-90')
Relays (90-120')
Long Toss (120-300'+)
Pulldowns (180-90')
Infielder Throws (Clock throws, 1-Legged Multi-Angle, Run-Ins, Russell Wilson's)

Long Toss: www.youtube.com/watch? v=9w3xwYIx17s

### **ARM CARE EXERCISES**

- Arm Circles w/ 2-3 baseballs in hand
   Soup Cans: Shoulder raises w/ 2-3
   baseballs in hand (palms up, thumbs up, palms down)
  - Above-head arm circles
- Flat-palm arm reaches (90, 135, 180 deg.)
- Wall sit shoulder pinches (45, 90, 135 deg.)



### MY OFF-SEASON PLAN (SAMPLE)

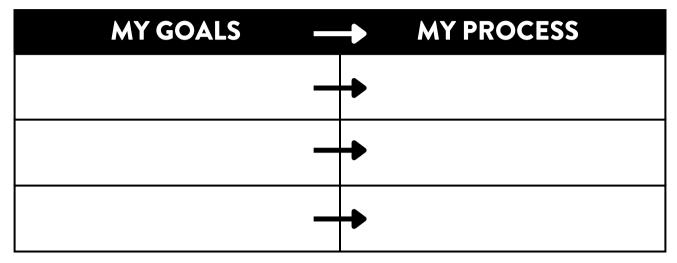
MY GOALS —	→ MY PROCESS
Gain 10 pounds of muscle	- Lift 3 times per week at STA - High-protein, low-sugar diet
Add 5-7 MPH of velocity	- Start throw program in Jan Lifting program, arm care
Add 7-10 MPH to exit velocity —	- Hit 3x per week - Analyze, improve mechanics

### **MY WEEKLY PLAN (SAMPLE)**

MONDAY		A t Toss work tting & analyze	THURSDAY	- Fielding Dailies - Stretching
Y TUESDAY	- Sprints - Long toss (Jan - Mar) - Arm Care - Lift at STA - Hitting work or lesson		FRIDAY	- Lift at STA - Tee/Front Toss work
WEDNESDA			SATURDAY	- Sprints - Long toss (Jan - Mar) - Arm Care
\$	- Rest & Recovery Day - Breathing exercises, Meal Prep for the week			



### MY OFF-SEASON PLAN (Printable)



### MY WEEKLY PLAN

