



CADET BASEBALL

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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 off-season?
- 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, 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 RESOURCES

- **Arm Care:** Jaeger Sports - <https://www.jaegersports.com/jaeger-sports-u/>
 - **Off-Season Throwing:** <https://www.jaegersports.com/jaeger-sports-off-season-throwing-program/>
- Driveline Baseball
 - **Arm Care Program** - <https://www.drivelinebaseball.com/wp-content/uploads/2017/05/Driveline-Youth-Arm-Care-Program.pdf>
 - **Hitting Program** - <https://www.drivelinebaseball.com/freehittingprogram/>
- **Strength Training Program** - <https://www.stack.com/a/16-week-baseball-training-program/>
- **Speed & Agility Program** - <http://www.stack.com/a/off-season-baseball-speed-agility-workout/>

Twitter accounts to follow:

Andy McKay (@AndyMcKayHD) - Player development

Jerry Weinstein (@JWonCATCHING) - Catching

Trosky Baseball (@troskybaseball) - Defense

Trey Hannum (@TJHannam10) - Hitting

Rob Friedman (@PitchingNinja) - Pitching

Gerry DeFilippo (@Challenger_ST) - Strength Training

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")

NorthStar - Burnsville

Blizzard Baseball - Edina & Vadnais Heights

Pitch 2 Pitch - Chaska

SUGGESTED OFF-SEASON TRAINING GUIDE

August-October

- Focus on fall team/sport
- Limit throwing if possible
- Begin weight training program

November-December

- Focus on winter team/sport
- No throwing - shut down period
- Continue weight training & speed training
- Indoor cage hitting work or hitting lessons

January

- Captains' practice begins
- Light throwing (2x per week at 50% 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 & off-speed 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 90% effort

***Our program plans to work with Steve Rosga, STA Strength & Conditioning Coach, to create more in-depth strength training plans. Athletes are encouraged to connect with Coach Rosga to individualize their off-season and in-season strength training plans.

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

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)
 Arm Scissors & Hammers

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

Wrist Snaps (10-15')
 Rotation Throws (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.)



SAMPLE OFF-SEASON CALENDAR

OCTOBER 2021						
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 Strength Training	5 Speed/Agility Training	6 Strength Training	7 Hitting	8 Strength Training	9
10	11 Columbus Day Strength Training	12 Speed/Agility Training	13 Strength Training	14 Hitting	15 Strength Training	16
17	18 Strength Training	19 Speed/Agility Training	20 Strength Training	21 Hitting	22 Strength Training	23
24	25 Strength Training	26 Speed/Agility Training	27 Strength Training	28 Hitting	29 Strength Training	30
31 Halloween						



SAMPLE OFF-SEASON CALENDAR

NOVEMBER 2021						
SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7 End Daylight Savings	8 Strength Training	9 Speed/Agility Training	10 Strength Training	11 Veterans Day Hitting	12 Strength Training	13
14	15 Strength Training	16 Speed/Agility Training	17 Strength Training	18 Hitting	19 Strength Training	20
21	22 Strength Training	23 Speed/Agility Training	24 Strength Training	25 Thanksgiving Day	26 Black Friday	27
28	29 Strength Training	30 Speed/Agility Training				



SAMPLE OFF-SEASON CALENDAR

DECEMBER 2021						
SUN	MON	TUE	WED	THU	FRI	SAT
			1 Strength Training	2 Hitting	3 Strength Training	4
5	6 Strength Training	7 Speed/Agility Training	8 Strength Training	9 Hitting	10 Strength Training	11
12	13 Strength Training	14 Speed/Agility Training	15 Strength Training	16 Hitting	17 Strength Training	18
19	20 Strength Training	21 Winter Begins Speed/Agility Training	22 Strength Training	23 Hitting	24 Christmas Eve	25 Christmas Day
26	27 Strength Training	28 Speed/Agility Training	29 Strength Training	30 Hitting	31 New Year's Eve	



SAMPLE OFF-SEASON CALENDAR

JANUARY 2022						
SUN	MON	TUE	WED	THU	FRI	SAT
						1 New Year's Day
2	3 Strength Training	4 Speed/Agility Training	5 Strength Training	6 Hitting Light Throwing	7 Strength Training	8
9 Captains' Light Throwing Fielding Work	10 Strength Training	11 Speed/Agility Training	12 Strength Training	13 Hitting Light Throwing	14 Strength Training	15
16 Captains' Light Throwing Fielding Work	17 Martin Luther King Jr. Day Strength Training	18 Speed/Agility Training	19 Strength Training	20 Hitting Throw Progress.	21 Strength Training	22
23 Captains' Long Toss Fielding Work	24 Strength Training	25 Speed/Agility Training	26 Strength Training	27 Hitting Throw Progress.	28 Strength Training	29
30 Captains' Long Toss Fielding Work	31 Strength Training					



SAMPLE OFF-SEASON CALENDAR

FEBRUARY 2022						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Speed/Agility Training ¹	Strength Training ²	Hitting Throw Progress. ³	Strength Training ⁴	⁵
Captains' Long Toss ⁶ 45' Flat Bullpen Fielding Work	Strength Training ⁷	Speed/Agility Training ⁸ Light Throwing	Strength Training ⁹	Hitting Throw Progress. ¹⁰	Strength Training ¹¹	¹²
Captains' Long Toss ¹³ 45' Flat Bullpen Fielding Work	Strength Training ¹⁴	Speed/Agility Training ¹⁵ Light Throwing	Strength Training ¹⁶	Hitting Throw Progress. ¹⁷	Strength Training ¹⁸	¹⁹
Captains' Long Toss ²⁰ 45' Flat Bullpen Fielding Work	Strength Training ²¹	Speed/Agility Training ²² Light Throwing	Strength Training ²³	Hitting Throw Progress. ²⁴	Strength Training ²⁵	²⁶
Captains' Long Toss ²⁷ 45' Flat Bullpen Fielding Work	Strength Training ²⁸					

Holidays and Observances: 14: Valentine's Day, 21: Presidents' Day

www.vlcalendar.com



SAMPLE OFF-SEASON CALENDAR

MARCH 2022						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Speed/Agility ¹ Training Throw Progress.	Strength ² Training	Hitting ³ Long Toss	Strength ⁴ Training	⁵
Captains' ⁶ Long Toss 60' Flat Bullpen Fielding Work	Strength ⁷ Training	Speed/Agility ⁸ Training Throw Progress.	Strength ⁹ Training	Hitting ¹⁰ Long Toss	Strength ¹¹ Training	¹²
Captains' ¹³ Long Toss 60' Flat Bullpen Fielding Work	¹⁴ <i>Spring Break</i> Arm Care/ Conditioning Practice Begin	¹⁵ <i>Spring Break</i> Arm Care/ Conditioning Practice	¹⁶ <i>Spring Break</i> Arm Care/ Conditioning Practice	¹⁷ <i>Spring Break</i> Arm Care/ Conditioning Practice	¹⁸ <i>Spring Break</i> Arm Care/ Conditioning Practice	¹⁹
²⁰	²¹ TRYOUTS BEGIN	²²	²³	²⁴	²⁵	²⁶
²⁷	²⁸	²⁹	³⁰	³¹		

Holidays and Observances: 17: St. Patrick's Day

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