

WEEK 2

4 DRILLS WORKOUT

do universal warm up before this

1) KNEE DRILL FROM DISTANCE

5 FROM 30 FT - MAKE THESE INTENSE
5 FROM 40 FT - MAKE THESE INTENSE
5 FROM 50 FT - MAKE THESE INTENSE
5 FROM 40 FT - MAKE THESE INTENSE
5 FROM 30 FT - MAKE THESE INTENSE

3 min break

2) FORWARD GLIDES WITH MED BALL

10 FORWARD GLIDE THROWS - NO CHASE, THROW FOR DISTANCE

6 FORWARD GLIDE THROWS - WITH CHASING THE BALL - THROW THESE AS FAR AS YOU CAN, SPRINT AFTER, THROW BACK TO WHERE YOU CAME FROM - **3 SETS OF THIS (1 MIN BREAK BETWEEN EACH**

3 min break

3) ALL OUTS - FROM BUCKET LAUNCH

15 ALL OUTS - USING BUCKET LAUNCH DRILL
INTENSITY 9 OR HIGHER - GO ALL OUT
YOU NEED TO TAKE TIME IN BETWEEN REPS, DO NOT RUSH

3 min break

4) ALL OUTS - PUNCH N GO

15 OF THESE
GO HARD, TAKE TIME IN BETWEEN EACH PITCH

3 min break

5) ALL OUTS - BALLERINA DRILL

10 OF THESE
PUSH YOURSELF TO A DEEPER LAUNCH POSITION - GO HARD,
TAKE TIME IN BETWEEN

3 min break

6) BOSU BALL FULL PITCH - REGULAR DISTANCE

15 OF THESE. GO 70-80% AND EASE INTO IT TO MAKE SURE YOUR DRAG TOE IS STAY ON THE GROUND.

7) FULL PITCH DISTANCE

16 PITCHES - ALTERNATE 2 PUNCH N GOS WITH REGULAR FULL PITCH - FIRM FRONT SIDE, DON'T FALL FORWARD AT END
10 BALLERINA DRILLS
10 REGULAR FULL PITCH

