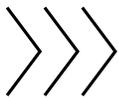


off-season workout information

For the off-season workouts, I would like for you to **do your workout into a net at a close distance as much as possible**. Ideally, you can throw a ball into a net but it can be a sock into a door or some other at home set up. This way you will focus on your body rather than where the ball goes. DO NOT focus on throwing strikes. You'll be able to make necessary adjustments with your mechanics a lot quicker. Feel your feet and where you feel pressure as you push off, feel how the ball or spinner comes out of your hand/fingers, feel your muscles fire, if you're staying tall or not, etc. At any point, choose to add in dry (no ball) reps to just focus on your body. A lot of drills are numbered but you can adjust that as well. I'd rather you **go by time and quality reps**. Workouts and drills will progress as we go so if you feel like you haven't gotten the hang of something, I encourage you to go back to previous workouts and use some of the same drills. Work on mastering your form!

Follow each workout in the order below but there are options and ways for you to make it your own.

1. Write in your practice log what you are going to get better at that day and answer your pre-workout journal questions/reflections.
 2. Dynamic warmup
 3. Arm care routine
 4. Movement prep/strength
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- Don't skip these because they aren't pitching drills. These will keep you healthy and make you a better pitcher. It's all important!
5. The drills listed on your workout are the only ones I want you to do until you get a new one. You can choose one of the workout options I have created or make your own workout using the same drills.
 6. There will be 2 or 3 workout options. One of them will be an at home workout because I know so many of you don't have access to a facility to pitch in. These are also great for any pitcher to get in some extra practice on their own since they don't need a catcher. Use a mirror or shut your eyes as much as possible through the drills to feel what your body is doing.
 - You can mix and match from the different options to create your own workout.

If you do not have enough time to complete a full workout, pick a choose a couple things from each category and just do a quick 15-20 minute workout or even 5 minutes focusing on getting better at one thing. **Doing a little bit more often goes a long way!**

A few terms to clarify:

- Drive knee/foot/leg: Righties = Right Knee/Foot/Leg | Lefties: Left Knee/Foot/Leg
- Stride knee/foot/leg: Righties = Left Knee/Foot/Leg | Lefties: Right Knee/Foot/Leg
- K position: little bend in elbows with pitching palm facing out or to catcher (NOT BEHIND)