



# **CADET BASEBALL OFF-SEASON TRAINING GUIDE**

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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/](http://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](http://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.)



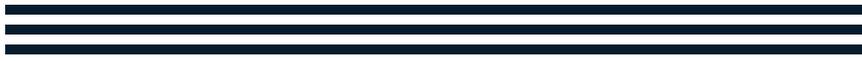
## **SAMPLE OFF-SEASON CALENDAR**

<b>OCTOBER 2021</b>						
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

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



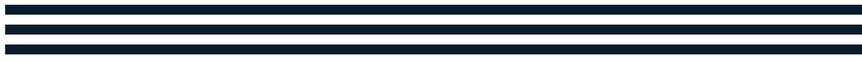
## SAMPLE OFF-SEASON CALENDAR

<b>DECEMBER 2021</b>						
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

<b>JANUARY 2022</b>						
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					

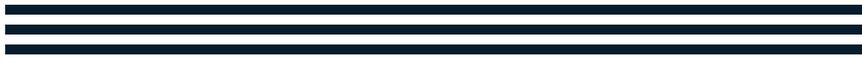


## SAMPLE OFF-SEASON CALENDAR

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

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

[www.vlcalendar.com](http://www.vlcalendar.com)



## SAMPLE OFF-SEASON CALENDAR

<b>MARCH 2022</b>						
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	Spring Break 14 Arm Care/ Conditioning Practice Begin	Spring Break 15 Arm Care/ Conditioning Practice	Spring Break 16 Arm Care/ Conditioning Practice	Spring Break 17 Arm Care/ Conditioning Practice	Spring Break 18 Arm Care/ Conditioning Practice	19
20	TRYOUTS BEGIN 21	22	23	24	25	26
27	28	29	30	31		

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

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