



# **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 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, 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**
  - [Jaeger Sports Off-Season Throwing Program](#)
  - [Driveline Baseball Arm Care Program](#)
  - [Team Mustard Throwing/Pitching Articles](#)
  
- **STRENGTH TRAINING**
  - [STACK 16-Week Training Program](#)
  - [STACK Speed & Agility Program](#)
  
- **FIELDING**
  - [Infield Dailies & Drills](#) (Go to 7:00 mark)
  - [Outfield Footwork Dailies](#)
  
- **HITTING**
  - [Driveline Baseball Hitting Program](#)

### **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 & 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 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

### BREAKFAST



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

### DRINKS



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



Gatorade, soda, high-sugar protein shakes (Muscle Milk, Premier Protein), sugary coffee



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)  
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')  
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](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.)



## MY OFF-SEASON PLAN (SAMPLE)

MY GOALS	→	MY PROCESS
Gain 10 pounds of muscle	→	<ul style="list-style-type: none"> <li>- Lift 3 times per week at STA</li> <li>- High-protein, low-sugar diet</li> </ul>
Add 5-7 MPH of velocity	→	<ul style="list-style-type: none"> <li>- Start throw program in Jan.</li> <li>- Lifting program, arm care</li> </ul>
Add 7-10 MPH to exit velocity	→	<ul style="list-style-type: none"> <li>- Hit 3x per week</li> <li>- Analyze, improve mechanics</li> </ul>

## MY WEEKLY PLAN (SAMPLE)

<b>MONDAY</b>	<ul style="list-style-type: none"> <li>- Lift at STA</li> <li>- Tee/Front Toss work</li> <li>- Record hitting &amp; analyze</li> </ul>	<b>THURSDAY</b>	<ul style="list-style-type: none"> <li>- Fielding Dailies</li> <li>- Stretching</li> </ul>
<b>TUESDAY</b>	<ul style="list-style-type: none"> <li>- Sprints</li> <li>- Long toss (Jan - Mar)</li> <li>- Arm Care</li> </ul>	<b>FRIDAY</b>	<ul style="list-style-type: none"> <li>- Lift at STA</li> <li>- Tee/Front Toss work</li> </ul>
<b>WEDNESDAY</b>	<ul style="list-style-type: none"> <li>- Lift at STA</li> <li>- Hitting work or lesson</li> </ul>	<b>SATURDAY</b>	<ul style="list-style-type: none"> <li>- Sprints</li> <li>- Long toss (Jan - Mar)</li> <li>- Arm Care</li> </ul>
<b>SUNDAY</b>		<ul style="list-style-type: none"> <li>- Rest &amp; Recovery Day</li> <li>- Breathing exercises, Meal Prep for the week</li> </ul>	





## MY OFF-SEASON PLAN (Printable)

MY GOALS	→	MY PROCESS
	→	
	→	
	→	

## MY WEEKLY PLAN

MONDAY		THURSDAY	
TUESDAY		FRIDAY	
WEDNESDAY		SATURDAY	
SUNDAY			