CADETS BASEBALL

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BASEBALL

ENGINEERED BY CHARACTER. BUILT BY CULTURE.

CADETS BASEBALL

CREATING YOUR OFF-SEASON PLAN

Ideas to keep in mind when developing your off-season plan:

- 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?
- What does a conference, section, & state champion do in the off-season?
- 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

"*Champions behave like champions before they are champions.*"
-- Bill Walsh

ONLINE LINKS & RESOURCES

- **THROWING & ARM CARE**
  - Driveline Baseball Throwing/Lifting Program

- **WELLNESS: Strength/Recovery/Nutrition**
  - Driveline Speed Program
  - Bruce Bolt Strength Training
  - Premier Pitching Performance Strategies
  - Driveline Nutrition Driveline Recovery

- **FIELDING**
  - Infield Dailies & Drills (Go to 7:00 mark)
  - Outfield Footwork Dailies
  - Driveline Catching Program

- **HITTING**
  - Driveline Baseball Hitting Program

Instagram & Twitter/"X" 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
Cody Dennis (@codydennis97) - Baserunning
The Catching Guy (@TheCatchingGuy) - Catching

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LOCAL CLUB & TRAINING PROGRAMS

MASH Baseball - Savage
Great Lakes Baseball Academy - Woodbury & Arden Hills
MacStrength - Edina
Blizzard Baseball - Edina & Vadnais Heights
GRB NorthStar - Eagan
HTP Baseball - Burnsville

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)
  - Long Toss 1-2x per week at 120-180 feet
- 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 at 180-300 feet
- 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

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NUTRITION & WELLNESS GUIDE

Courtesy of Asa Rapp '23

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/*

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*

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.)

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MY OFF-SEASON PLAN (SAMPLE)

MY GOALS	MY PROCESS
Gain 10 pounds of muscle	- Lift 3 times per week at STA - High-protein, low-sugar diet
Add 5-7 MPH of velocity	- Start throw program in Jan. - Lifting program, arm care
Add 7-10 MPH to exit velocity	- Hit 3x per week - Analyze, improve mechanics

MY WEEKLY PLAN (SAMPLE)

MONDAY	- Lift at STA - Tee/Front Toss work - Record hitting & analyze	THURSDAY	- Fielding Dailies - Stretching
TUESDAY	- Sprints - Long toss (Jan - Mar) - Arm Care	FRIDAY	- Lift at STA - Tee/Front Toss work
WEDNESDAY	- Lift at STA - Hitting work or lesson	SATURDAY	- Sprints - Long toss (Jan - Mar) - Arm Care
SUNDAY	- Rest & Recovery Day - Breathing exercises, Meal Prep for the week		

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MY OFF-SEASON PLAN (Printable)

MY GOALS	→	MY PROCESS
	→	
	→	
	→	

MY WEEKLY PLAN

MONDAY		THURSDAY	
TUESDAY		FRIDAY	
WEDNESDAY		SATURDAY	
SUNDAY			

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PERFORMANCE DEVELOPMENT TRACKER

MY GOALS

EXERCISE	SEP.	OCT.	NOV.	DEC.	JAN.	FEB.
60-Yard Dash						
Bench Press (lbs.)						
Squat (lbs.)						
Body Weight						
Tee Exit Velocity						
Throwing Velocity						

ACTUAL RESULTS

EXERCISE	SEP.	OCT.	NOV.	DEC.	JAN.	FEB.
60-Yard Dash						
Bench Press (lbs.)						
Squat (lbs.)						
Body Weight						
Tee Exit Velocity						
Throwing Velocity						