

Week of 5/11/20

Pitching:

- Warm Up: You know the drill!
 - Snaps, kneeling halves, kneeling all the way around, standing halves, standing all the way around, sideways push down the line, full pitches

The word(s) to spell out and do the exercise for is: **PLAY BALL**

<u>A</u> 1 minute high knees 10 push up to pitch	<u>B</u> 1 minute Russian twists 10 strikes (pitch until you hit 10!)	<u>C</u> 10 push ups 1 minute speed pitch drill
<u>D</u> 1 minute frog jumps 10 pitches	<u>E</u> 2 minute plank 10 lunge back pitches	<u>F</u> 1 minute speed skaters 10 strikes (pitch until you hit 10!)
<u>G</u> 1 minute walking lunges 16 change up/fastball combo	<u>H</u> 1 minute prisoner squats 10 cone hop drill	<u>I</u> 2 minute wall sit 10 frog jump to pitch
<u>J</u> 20 jumping squats 1 minute leg drives	<u>K</u> 1 minute jumping jacks 10 hits on inside corner (righty)	<u>L</u> 1 minute jumping lunges 10 pitches of your choices (HIT 10)
<u>M</u> 1 minute plie squats (toes facing out) 10 strikes (pitch until you hit 10!)	<u>N</u> 30 second good mornings on each leg 16 change up/fastball combo	<u>O</u> 5 pitch sprints
<u>P</u> 1 minute mountain climbers 10 – 90° to table top pitches	<u>Q</u> 15 sit ups 1 minute leg drives	<u>R</u> 1 minute Russian twists 10 strikes (pitch until you hit 10!)
<u>S</u> 2 minute wall sit 10 hits on outside corner (righty)	<u>T</u> 1 minute plank 10 stride leg at 90° to start pitch	<u>U</u> 1 minute burpee 10 pitches of your choices (HIT 10)
<u>V</u> 1 minute speed skaters 10 strikes (pitch until you hit 10!)	<u>W/X</u> 5 pitch sprints	<u>Y/Z</u> 1 minute prisoner squats 10 cone hop drill



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