

Week of 5/11/2020

Hitting:

- Warm Up: You know the drill!
 - Jog, high skips, carioca/grapevine (facing both directions), low side shuffles (facing both directions)
 - No space? No problem! Jog in place for 1 minute, 50 jumping jacks, 30 sec high knees, 30 sec mountain climbers, 10 pushups

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

<u>A</u> 1 minute high knees 10 inside low off tee	<u>B</u> 1 minute Russian twists 10 outside low off tee	<u>C</u> 10 push ups 10 squat jumps to hit off tee
<u>D</u> 1 minute frog jumps 10 inside high off tee	<u>E</u> 2 minute plank 10 outside high off tee	<u>F</u> 1 minute speed skaters 10 bottom hand swings on knee off tee
<u>G</u> 1 minute walking lunges 10 top hand swings on knee off tee	<u>H</u> 1 minute prisoner squats 10 over the paint stick/tape swings	<u>I</u> 2 minute wall sit 10 both feet facing pitcher (front shoulder stay in) swings on tee
<u>J</u> 20 jumping squats 10 hip direction (push forward towards pitcher) swings on tee	<u>K</u> 1 minute jumping jacks 10 step back to load swings on tee	<u>L</u> 1 minute jumping lunges 10 knee down to swings drill
<u>M</u> 1 minute plie squats (toes facing out) 10 stop at contact on tee (make those checks!)	<u>N</u> 30 second good mornings on each leg 10 Rubber band drill	<u>O</u> 1 minute speed skaters 10 bottom hand swings on knee off tee
<u>P</u> 1 minute mountain climbers 10 top hand swings on knee off tee	<u>Q</u> 15 sit ups 10 squat jumps to hit off tee	<u>R</u> 1 minute Russian twists 10 hip direction (push forward towards pitcher) swings on tee
<u>S</u> 2 minute wall sit 10 middle low swings off tee	<u>T</u> 1 minute plank 10 soccer ball throws into net	<u>U</u> 1 minute burpee 10 middle high swings off tee
<u>V</u> 1 minute speed skaters 10 outside low off tee	<u>W/X</u> 2 minute plank 10 outside low off tee	<u>Y/Z</u> 1 minute prisoner squats 10 swings off tee



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