

CB East Baseball



Off Season
Training and
Conditioning

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat."

Theodore Roosevelt

Table of Contents:

Monthly Calendar

You will be notified via Remind of changes.

Core /Agility / Plyometric / Yoga Workouts

Videos all movements: <https://tinyurl.com/CBEBaseballYouTube>

Overview of Strength Training Program

Arm Care, Band Work and Stretching Program

You can do it as frequently as you like. Listen to your arm.

Optional Equipment

Suggested Reading

November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 REST	4 Lifting 6:00 – 7:30 CBE Weight Room	5 Core/Agility/ Plyo/Yoga 1	6 Lifting 6:00 – 7:30 CBE Weight Room	7 Core/Agility/ Plyo/Yoga 1	8 REST	9 Arm Care / Band Work Static Stretching What do you need?
10 REST	11 Lifting 6:00 – 7:30 CBE Weight Room	12 Core/Agility/ Plyo/Yoga 2	13 Lifting 6:00 – 7:30 CBE Weight Room	14 Core/Agility/ Plyo/Yoga 1	15 REST	16 Arm Care / Band Work Static Stretching What do you need?
17 REST	18 Lifting 6:00 – 7:30 CBE Weight Room	19 Core/Agility/ Plyo/Yoga 2	20 Lifting 6:00 – 7:30 CBE Weight Room	21 Core/Agility/ Plyo/Yoga 1	22 REST	23 Arm Care / Band Work Static Stretching What do you need?
24 REST	25 Lifting 6:00 – 7:30 CBE Weight Room	26 Core/Agility/ Plyo/Yoga 1	27 SCHOOL CLOSED NO LIFTING Core/Agility/ Plyo/Yoga 2	28 REST 	29 REST	30 Arm Care / Band Work Static Stretching What do you need?

“We don’t have control over outcomes, but we do have control over how we use our time.”

-Josh Medcalf – Burn your Goals

DAILY:

Take care of your grades

Hydrate

Eat Well

8+ Hours of Sleep (4+12 ≠ 8+8)

Build your House

December

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 REST	2 Lifting 6:00 – 7:30 CBE Weight Room	3 Core/Agility/ Plyo/Yoga 2	4 Lifting 6:00 – 7:30 CBE Weight Room	5 Core/Agility/ Plyo/Yoga 1	6 REST	7 Arm Care / Band Work Static Stretching What do you need?
8 REST	9 Lifting 6:00 – 7:30 CBE Weight Room	10 Core/Agility/ Plyo/Yoga 2	11 Lifting 6:00 – 7:30 CBE Weight Room	12 Core/Agility/ Plyo/Yoga 1	13 REST	14 Arm Care / Band Work Static Stretching What do you need?
15 REST	16 Lifting 6:00 – 7:30 CBE Weight Room	17 Core/Agility/ Plyo/Yoga 2	18 Lifting 6:00 – 7:30 CBE Weight Room	19 Core/Agility/ Plyo/Yoga 3	20 REST	21 Arm Care / Band Work Static Stretching What do you need?
22 REST	23 Lifting 6:00 – 7:30 CBE Weight Room	24 Core/Agility/ Plyo/Yoga 2	25 SCHOOL CLOSED NO LIFTING REST	26 Core/Agility/ Plyo/Yoga 3	27 REST	28 Arm Care / Band Work Static Stretching What do you need?
29 REST	30 Lifting 6:00 – 7:30 CBE Weight Room	31 Core/Agility/ Plyo/Yoga 3				

“Everyone wants to be great until it’s time to do what greatness requires.”

Josh Medcalf – Chop Wood, Carry Water

DAILY:
 Take care of your grades
 Hydrate
 Eat Well
 8+ Hours of Sleep (4+12 ≠ 8+8)
 Build your House

January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 SCHOOL CLOSED NO LIFTING	2 REST	3 Core/Agility/ Plyo/Yoga 1	4 Arm Care / Band Work Static Stretching What do you need?
5 REST	6 Lifting 6:00 – 7:30 CBE Weight Room	7 Training 3:30 – 5:30 PSR Chalfont Core/Agility/ Plyo/Yoga 3	8 Lifting 6:00 – 7:30 CBE Weight Room	9 Training 3:30 – 5:30 PSR Chalfont Core/Agility/ Plyo/Yoga 2	10 REST	11 Arm Care / Band Work Static Stretching What do you need?
12 REST	13 Lifting 6:00 – 7:30 CBE Weight Room	14 Training 3:30 – 5:30 PSR Chalfont Core/Agility/ Plyo/Yoga 3	15 Lifting 6:00 – 7:30 CBE Weight Room	16 Training 3:30 – 5:30 PSR Chalfont Core/Agility/ Plyo/Yoga 2	17 REST	18 Arm Care / Band Work Static Stretching What do you need?
19 REST	20 SCHOOL CLOSED NO LIFTING	21 Training 3:30 – 5:30 PSR Chalfont Core/Agility/ Plyo/Yoga 4	22 Lifting 6:00 – 7:30 CBE Weight Room	23 Training 3:30 – 5:30 PSR Chalfont Core/Agility/ Plyo/Yoga 4	24 REST	25 Arm Care / Band Work Static Stretching What do you need?
26 REST	27 Lifting 6:00 – 7:30 CBE Weight Room	28 Training 3:30 – 5:30 PSR Chalfont Core/Agility/ Plyo/Yoga 3	29 Lifting 6:00 – 7:30 CBE Weight Room	30 Training 3:30 – 5:30 PSR Chalfont Core/Agility/ Plyo/Yoga 4	31 REST	Arm Care / Band Work Static Stretching What do you need?

It is what you do in the dark that puts you in the light.

Under Armour

DAILY:
Take care of your grades
Hydrate
Eat Well
8+ Hours of Sleep (4+12 ≠ 8+8)
Build your House

February

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Arm Care / Band Work Static Stretching What do you need?
2 REST	3 Lifting 6:00 – 7:30 CBE Weight Room	4 Training 3:30 – 5:30 PSR Chalfont Core/Agility/ Plyo/Yoga 3	5 Lifting 6:00 – 7:30 CBE Weight Room	6 Training 3:30 – 5:30 PSR Chalfont Core/Agility/ Plyo/Yoga 4	7 REST	8 Arm Care / Band Work Static Stretching What do you need?
9 REST	10 Lifting 6:00 – 7:30 CBE Weight Room	11 Training 3:30 – 5:30 PSR Chalfont Core/Agility/ Plyo/Yoga 4	12 Lifting 6:00 – 7:30 CBE Weight Room	13 Training 3:30 – 5:30 PSR Chalfont Core/Agility/ Plyo/Yoga 3	14 REST	15 Arm Care / Band Work Static Stretching What do you need?
16 REST	17 SCHOOL CLOSED NO LIFTING	18 Training 3:30 – 5:30 PSR Chalfont Core/Agility/ Plyo/Yoga 3	19 Lifting 6:00 – 7:30 CBE Weight Room	20 Training 3:30 – 5:30 PSR Chalfont Core/Agility/ Plyo/Yoga 4	21 REST	22 Arm Care / Band Work Static Stretching What do you need?
23 REST	24 Lifting 6:00 – 7:30 CBE Weight Room	25 Training 3:30 – 5:30 PSR Chalfont Core/Agility/ Plyo/Yoga 2	26 Lifting 6:00 – 7:30 CBE Weight Room	27 Training 3:30 – 5:30 PSR Chalfont Core/Agility/ Plyo/Yoga 4	28 REST	29 Arm Care / Band Work Static Stretching What do you need?

Don't fear failure. Fear being in the exact same place
next year as you are today.

Unknown

DAILY:
Take care of your grades
Hydrate
Eat Well
8+ Hours of Sleep (4+12 ≠ 8+8)
Build your House

Core/Agility/Plyo/Yoga 1

Agility Ladder (down/back each)

Two feet in each

Lateral 2 Feet In 2 Feet Out The Top Ladder Drill

High knees

2 Foot Hops

Sprint series

4 x 10 yard sprints from baseball stance

2 x 20 yard sprints from baseball stance

3 x 10 yard explosive sprints from a push up position

Core Stabilization ~ 1 set of each

Front Plank (45 seconds)

Side Plank (30 seconds each side)

Side arm balance (30 seconds each side) – See 3:10 in Front/Side Plank Video for arm extension

Front Plank Arm & Leg Raise (10 each side)

Glute bridge (15-20 seconds with each leg extension)

If Available: Med Ball hold with resistance

If Available: Core Bosu plank circles (4 circles each direction)

Yoga ~ 30 seconds each (or each side)

1.) Downward Dog

2.) Upward facing Dog

3.) Warrior One

4.) Warrior Two

5.) Warrior Three

6.) Standing Triangle Pose

7.) Chair Pose/Twisting Chair Pose

8.) Prayer Twist

Core/Agility/Plyo/Yoga 2

Agility quadrant drills: 2 x 15 seconds on each

1-2

1-2-3

1-4

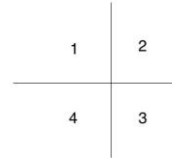
2-1-4

1-2 (6 inches high)

3-4 (6 inches high)

Explanation of Quadrant Drills

Tape a cross on the floor, and familiarize the players with the number of the quadrants seen below:



Sprint series

3 x 10 yard sprints from baseball stance

3 x 30 yard sprints from baseball stance

2 x 10 yard explosive sprints from a push up position

Plyometrics (2 sets of 5-8 each)

Squat jumps

Split squat jumps

If available: Box Jumps

Core Stabilization (1 set of each)

Front Plank (60 seconds)

Side arm balance (45 seconds each side)

If Available: Standing medball resistance holds

If Available: Core Bosu plank (6 circles each direction)

Explosive Core (2 sets of 5-8 each direction)

If Available: Shoulders Plate Figure 8

If Available: Medicine-Ball Side Throw

If Available: Medball straight slams

Yoga ~ 30 seconds each (or each side)

1.) Downward Dog

2.) Upward Dog

3.) Warrior One

4.) Standing Triangle Pose

5.) Chair Pose/Twisting Chair Pose

Core/Agility/Plyo/Yoga 3

Agility Ladder (down/back each)

Two feet in each

Lateral 2 Feet In 2 Feet Out The Top Ladder Drill

High knees

Two Foot hops

Icky Shuffle

Sprint series

3 x 10 yard sprints from baseball stance

3 x 40 yard sprints from baseball stance

2 x 10 yard explosive sprints from a push up position

Plyometrics (2 sets of 5-8 each)

Split squat jumps

Speed skaters w/BOSU (*If available*)

Broad Jump and back shuffle

If Available: Box Jumps

Explosive Core (2 sets of 5-8 each direction)

If Available: Medball side toss

If Available: Medball straight slams

If Available: Medball Hotfoot

If Available: Medball Crossover

Yoga ~ 30 seconds each (or each side)

1.) Downward Dog

2.) Upward Dog

3.) Warrior One

4.) Reverse Warrior

5.) Standing Triangle Pose

6.) Revolved Triangle Pose

7.) Side angle pose

Core/Agility/Plyo/Yoga 4

Agility quadrant drills: 2 x 15 seconds on each

1-2

1-2-3

1-4

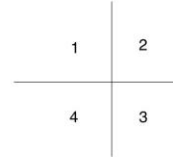
2-1-4

1-2 (6 inches high)

3-4 (6 inches high)

Explanation of Quadrant Drills

Tape a cross on the floor, and familiarize the players with the number of the quadrants seen below:



Sprint series

3 x 10 yard sprints from baseball stance

2 x 60 yard sprints from baseball stance

Plyometrics (2 sets of 3-5 each)

Split squat jumps

Broad Jump and back shuffle

Speed skaters w/BOSU OPTIONAL

Tuck jumps

Step off and lateral movement

Step off and vertical jump

Explosive Core (2 sets of 5-8 each direction)

If Available: Medball side toss

If Available: Medball rotational slams

If Available: Medball Russian Twists

Yoga ~ 30 seconds each (or each side)

1.) Downward Dog

2.) Upward Dog

3.) Warrior One

4.) Warrior Three

5.) Standing Triangle Pose

6.) Chair Pose/Twisting Chair Pose

7.) Revolved Triangle Pose

Overview of Strength Training Program

All Sessions overseen by Coach Mike Weidner from Central Bucks Crossfit.
Contact Coach Mike (michael@centralbuckscrossfit.com) with questions.

Phase 1 ~ Foundational Strength, Muscular Endurance, and Size

How this phase is approached will depend on whether a player is new to weight training or is coming off a season of weights. Building foundation strength means utilizing all the major muscle groups of the body. Less experienced weight trainers will need to start with lighter weights and work up to heavier weights.

12-15 Repetitions per set

3-4 sets

Rest 60s - 2min between sets

Exercises (will vary from session to session)

Squats - Front, Back, barbell, dumbbell, single leg lunges

Bench Press - barbell, dumbbell

Romanian Deadlift - barbell, dumbbell, KB

Hammer Bicep Curls

Triceps - machine push downs, lying extensions, "skull crushers"

Upper Back - seated row, Bent Over Row (barbell), Pull Ups, Lat Pull downs

Core - sit ups, leg raises, planks

Rotator Cuff

External Rotations

Internal Rotations

Extension

Abduction

Points to Note

- By trial and error, find a weight that represents a taxing lift for the last few reps of each set. If you're unsure, start with a light weight and increase it as you get stronger within the training period so that the perceived effort remains similar.
- Don't lift too heavy in this phase. The last few reps in a set should be taxing yet without extreme effort to "failure", especially for the arm and shoulder exercises. You want the arm and shoulder prepared for work but not overtaxed. The rotator cuff strengthening exercises are deliberately lighter.
- Shoulder joint protection is important at this and subsequent stages. This message will be repeated throughout this program.
- Circuit training and plyometrics such as bounds and jumps may be added to this gym program as well, resources and time permitting.

Phase 2 ~ Mid-Preseason: Strength and Hypertrophy Phase

In this phase, you will build strength and muscle. You have a good foundation from the past 4 weeks of the workouts, and now the emphasis is on lifting heavier weights in order to move bigger loads.

Hypertrophy, which is building muscle size, does not necessarily imply strength, although in the foundation phase and in this phase hypertrophy will serve you well for strength development.

Keep in mind, strength will be the foundation for the next phase, which is power development. Power is the ability to move the heaviest loads in the shortest time. Power is essentially a product of strength and speed, i.e EXPLOSIVENESS

Sets: 3-5

Reps: 4-6

Rest: 2-3 minutes between sets

Exercises are the same as Phase 1, but now adding more loading to develop maximal strength

Points to Note

Adjust the weight so that the final few repetitions are taxing but not to failure. The fewer reps mean that you will be lifting heavier in this phase. Don't lift to failure. You will be sore in the muscles after these sessions. Muscle soreness or delayed onset muscle soreness (DOMS) is normal; *joint pain is not*. Be sure to monitor your arm and shoulder reactions to this phase. Back off when any joint pain or discomfort is felt.

Phase 3 ~ Late Preseason ~

In this phase, you build on the strength developed in phase 2 with training that will increase your ability to move a load at high velocity. Power combines strength and speed. Power training requires that you lift lighter weights than you did in the strength phase, yet with explosive intent. You need to rest adequately between repetitions and sets so that each movement is done as fast as possible.

Reps: 8-10

Sets: 2-3

Phase 3 Exercises

Barbell or dumbbell hang clean

Wood chop

Plyo Push Ups

Jump Squats

Shoulder Raise

Push press

Medicine ball standing twist with partner (6x15 fast, recover between sets)

Box jump

Vertical jump

Points to Note

It's important that you are relatively recovered for each repetition so that you can maximize the velocity of the movement. The weights should not be too heavy and the rest periods sufficient. At the same time, you need to push or pull reasonably heavy loads to develop power against reasonable resistance. Lift heavier than phase 1 but lighter than phase 2. This should be approximately in the range 50-70% of your 1RM (maximum lift) depending on the exercise.

Arm Care/Band Work and Stretching Program

This can be completed multiple times a week. Listen to your arm.

Video available at: <https://tinyurl.com/CBEBaseballYouTube>

Dynamic Warm Up

15 – 25 Yards (45 – 70 feet); Up and Back

MINIMUM: Walking Knee Pulls, Walking Quad Pulls, Butt Kicks, High Knees, Karaoke, Forward Lunge with twists

ADDITIONS: At your discretion

Static Stretch

Whatever is needed

Arm Care:

Arm Circles: Palms down forward, Palms up backward

8 – 10 rotations of each getting larger and then smaller with 8 – 10 rotations;

Hold a baseball in your hand (or 2, or 3) if you want to increase difficulty.

Start palms forward with shrugs and work up to larger and back to smaller as described below. Repeat backwards (palms up)

Shrugs, Small, $\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$, Full, $\frac{3}{4}$, $\frac{1}{2}$, small

Band Work:

Start with 10 reps of each; work way up to 25 reps of each. Work towards fatigue, but NEVER lose proper movement patterns

Overhead Forearm Extension, Side stretch, Forward Flyes, Reverse Flyes, Internal Rotation, External Rotation, Elevated Internal Rotation, Elevated External Rotation, Reverse Throwing, Forward Throwing, No monies

Shoulder Tube / Body Blade (if available)

Water bottle Drills:

Any water/Gatorade bottle filled $\frac{1}{2}$ way with water. I suggest taping the cap down.

Weighted Ball Training:

I firmly believe that anything involving weighted balls MUST be observed to ensure proper movement patterns. If you are not doing the movements correctly you are wasting your time, energy, money and increasing risk of injury.

Anyone interested in including weighted ball training should come talk to me. I have no problem with them and think they have value. However, I want to make certain you are doing the exercises properly and safely.

If you are interested, watch anyone of the countless videos by Driveline to understand movements.

FILM YOURSELF DOING THE MOVEMENTS and check to ensure you are doing them properly. We have many players that have had great success with these programs, but ALL were overseen and ensured they were doing everything properly.

Optional Equipment

Below is a list of equipment that may be beneficial for players to have. NONE of this is mandatory. We have access to all of this equipment for training/practice at school. However, if a player wants to work on their own, they may want additional supplies.

Arm Care Bands

Jaeger Sports J -Bands (Available on Amazon, Driveline, any other online retailers)
Comparable versions are available at Target/Walmart.

Agility Ladder

\$10 or less on Amazon/Walmart/Target, etc.
Can also create a grid out of tape on basement/garage floor 15 feet long and 20 inches wide

Yoga Mat

Foam Roller (or 4" PVC Pipe)

See here for directions on how to make your own from PVC and an old Yoga Mat:
<https://justinthomasmiller.com/diy-foam-roller-foam-roll/>

Lacrosse Ball (or other firm ball)

Old bedsheet or blanket

Can be suspended from ceiling in basement or garage. Serves as a great tool to throw into (or hit) in poor weather.

BOSU Ball

In my mind these are extremely overpriced, but if you have access to one, there are ways to utilize it!

Medicine Ball

Can be used for a variety of baseball workouts. Find a weight that pushes you, but that you can manage.

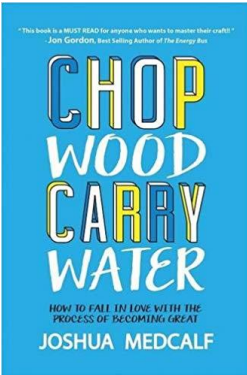
Body Blade / Shoulder Tube

Some guys love these, others do not. They are available at many online retailers

Suggested Reading

Over the past few years, few books have impacted my life more so than these books listed below. I believe they would benefit anyone to read. All are well written easy to read and have applications far outside of baseball. These are not your typical self-improvement books. They are written in a story format that is enjoyable to read and thought provoking. The stories have impacted my life, my teaching, my parenting and my coaching in several ways. I encourage anyone interested in improving themselves in any facet of their life to read any of them, particularly the books by Joshua Medcalf. I have included a brief synopsis from Amazon about each of the books. If anyone is interested in learning more about them before purchasing, please feel free to reach out.

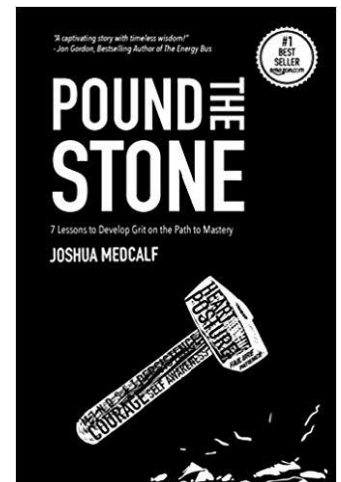
Chop Wood, Carry Water – Joshua Medcalf



Guided by "Akira-sensei," John comes to realize the greatest adversity on his journey will be the challenge of defeating the man in the mirror. This powerful story of one boy's journey to achieve his lifelong goal of becoming a samurai warrior, brings the Train to be Clutch curriculum to life in a powerful and memorable way.

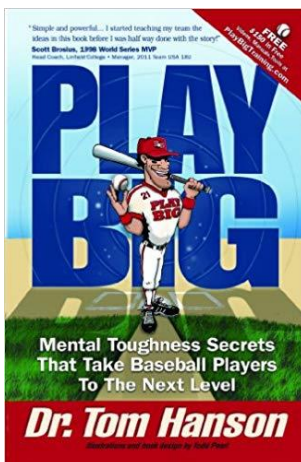
Pound the Stone – Joshua Medcalf

Pound The Stone is the intense and inspiring story of a young man's journey through the obstacles, defeats, and eventual victories that come while developing grit on the path to mastery. Told in the same engaging fable style as Chop Wood Carry Water, this is a deeper dive into the timeless principles that guide and inspire anyone who seeks greatness in life, and covers everything from true success, to the perfection trap, the value of failure, why courage is contagious, and why vulnerability can save your life. Pound The Stone will move you, inspire you, and hopefully encourage you to choose love and courage over fear and shame.



Play Big – Dr. Tom Hanson

A young baseball player is frustrated beyond belief... and on the verge of choking away a dream... when a mysterious man appears and offers coaching beyond the player's wildest imagination. As the drama unfolds you will discover...



- How to make total confidence as easy as ABC
- The hidden Law right now governing your success in everything
- How to eliminate negative thoughts and feelings in 5 minutes or less
- What really causes you to under-perform