



USA Baseball Athletic Preparation Plan

| A Arm Care | B Lower Body Strength | C Dynamic Flexibility |
|----------------------------------|--|--|
| 1. Band Pull Apart | 1. Clamshell | 1. Knee Up |
| 2. Diagonal Pull Apart | 2. Bridge | 2. Heel Up |
| 3. Overhead Pull Apart | 3. Side Lying Abduction | 3. Cradle |
| 4. “No Money” External Rotation | 4. Band Loop Side Steps | 4. Inchworm |
| 5. Jobe Shoulder Progression | 5. Gunslinger Walks | 5. Lunge and Lift |
| 6. I-T-Y-W | 6. Band-Side Step to Starfish | 6. Backward Lunge/Twist |
| 7. Stability Push Up Progression | 7. Hinge Band Pull Through | 7. Side Lunge |
| 8. One Arm Row | 8. Front to Back Lunge | 8. Bear Crawl |
| 9. Forearm Strength Series | 9. Squat Progression | 9. Sumo Stretch |
| 10. Lifts and Chops | 10. Step Up Chop | 10. Agility Drills (Page 2) |
| 11. Bicep Curls (Bonus) | 11. Agility Drills (Page 2) | |
| 12. Agility Drills (Page 2) | | |

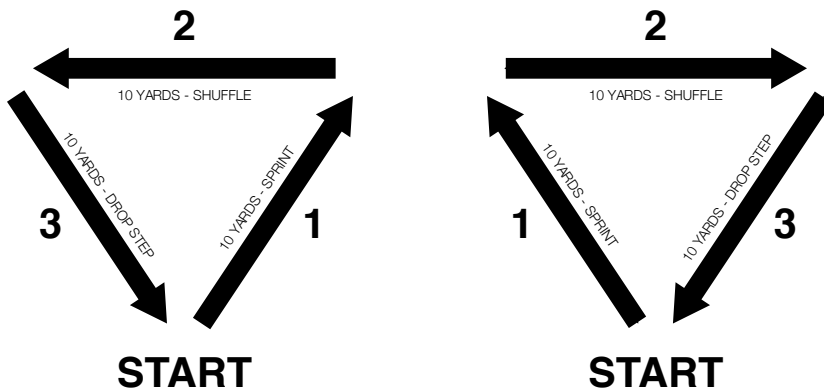
*Participants should choose resistance/weight based on the expected number of repetitions:

- Light: 10-15 repetitions
- Medium: 6-10 repetitions

Suggested Execution:

- Pick five (5) to six (6) exercises out of each category each day to combine with daily agility drills (see below)
- Week 1: Complete a circuit of one (1) set of each category with “light” resistance. Vary exercise choices each day. Gradually add a second and third set over weeks one and two. Once an entire category can be completed three times (3x) with light resistance, increase resistance to “medium” and repeat the same progression.
- Posture and technique are critical. Never complete an exercise that causes pain.

Agility Drills



1. Triangle Sprint Drill:

- Sprint 10 yards – Shuffle 10 yards – Drop step and sprint back to the start
- 5 repetitions in each direction
- Rest 20-30 seconds after each repetition
- Direction: Do not cross or allow feet to touch, sharp cuts

2. “T” Drill:

- Sprint forward and touch the middle cone with the right hand (#1)
- Shuffle left and touch the left cone with the left hand (#2)
- Shuffle right and touch the right cone with the right hand (#3)
- Shuffle middle and touch the middle cone with the left hand (#4)
- Drop step left and sprint back (#5)
- Repeat the drill four times (4x) starting to the left and four times (4x) starting to the right
- Alternate the direction of the last drop step.
- Rest 20-30 seconds after each repetition

