



FRIDAY BASEBALL SPRINT SESSION (60 – 70 mins)

WARM UP	
Video #	Exercise
1	Shuttle jog
2	6 x Functional Squats
3	Side shuffle 10m and return, jog 20m
3	Side shuffle 10m and return, jog 20m
4, 5, 6	Walking Leg swings, Walking Quad Stretch, Walking Knee Hug
-	Jog Return
7	6 x Adductor Squats - OTS
8	6 x Forward lunge walk - WB
9	Rhythm Skip 30m
10	Back Pedal 10m turn and jog 10m then back pedal 10m
11	Outs and Ins 10m Jog 10m Outs and Ins 10m
9	Rhythm Skip 30m
12	Carioca 10m return to jog 20m
12	Carioca 10m return to jog 20m
	<i>ES = Each Side / OTS = On The Spot / WB = Walk Back</i>
CONDITIONING	
Video #	Exercise
1, 2	Posture March 10m to A March 10m to Stability switches OTS to A Skips 10m
3	Progressive Cycling (Over Ankle, Over Calf, Over knee) – 10m each
4	Ankling 10m to WB then Ankling 10m to 20m Accel
5	Acceleration Wall Drill (Triple Switches 6 ES x 2)
-	4 x 10m Strong Acceleration from Base Position
-	2 x 30 m sprint with 3 min rest
-	2 x 40 m sprint with 4 min rest
-	2 x 50m sprint with 5 min rest
-	2 x 60m sprint with 6 min rest
STRETCH DOWN – Each stretch is held for 30 sec (ES = Each Side)	
Stretch	Timing (mins)
Side Lying Quad Stretch ES	0 – 1 m
Seated Figure 4 ES	1 m – 2 m
Supine Glute med and external hip	2m – 3m
Seated L shape	3 m – 3:30m
Sit and Reach	3:30m – 4m
Stork Sit ES	4 m – 5m
Long Adductor ES	5m – 6m
Short Adductor ES	6m – 7m
Calf Stretch ES	7m – 8m