

Milton Academy Baseball  
Pre-Season Training  
Program



**Information about the workout:** This workout program was created for four-six weeks leading up to the baseball season. The workout includes hand-eye coordination drills, stretching, agility drills, and a lifting program. The hand eye coordination should be performed no fewer than 4 days per week, agility no less than 3, stretching every day, and the lifts should be done 5 times per week.

**The program:** Hand-eye coordination, agility, and band work should be priorities for the months leading up to tryouts. In addition to the program below, make sure to throw long-toss with a teammate 2-3 times per week and get in the cages as much as possible. This program in conjunction with hitting and throwing will ensure that you are prepared for the upcoming baseball season.

**Stretching:** Staying loose is key if you want to keep up with the workout program for the entire 4-6 weeks. On the baseball webpage there are two stretching guides attached in the stretching section. Use them every day to prepare for the agility and lifting.

**Hand-Eye Coordination:** Hand-eye should be done every day for 30-45 minutes. Although it may seem tedious and boring at times, every rep that you put in will help to improve your reaction time and coordination. Whether fielding ground balls, catching pop-ups, or transferring the ball from glove to hand, you need to ensure the out and be ready to throw the ball immediately. The following program should be done every day after the warm-up and before the lift:

1. 3-ball Juggling (10 min)
2. Wall Toss (tennis ball-no glove) (10 min)
  1. Right-hand toss off wall (20 reps)
  2. Left-hand Toss off wall (20 reps)
  3. Alternating hand toss(30 reps)
  4. Transfer (20 reps)
  5. (Repeat all on right foot)
  6. (Repeat all on left foot)
3. Wall Ball (baseball-with glove) (3 min each)
  1. Field in front (knees)
  2. Field on Backhand (knees)
  3. Field on Forehand (knees)
  4. Repeat process on feet and include a follow through

**Agility work:** Agility work will vary between three different exercises: dot mat, ladders drills, and cone work. Agility and footwork are crucial for any position on the field. Throughout the agility workout, focus on staying low and transferring your weight properly at each turn so that you are always balanced. Agility work is performed on legs days, before the lift.

### 1. Dot Mat

#### Up & back

1. Start with feet on A and B
2. Jump rapidly with both feet on C
3. Jump putting one foot on D and one on E
4. Jump back to the starting point
5. Repeat 5 times (6 times in total)

#### Right Foot

1. Your feet are now on A and B
2. Jump on C with your right foot
3. Jump with your right foot on D, E, C, A, B
4. Repeat 5 times (6 times in total)

#### Left Foot

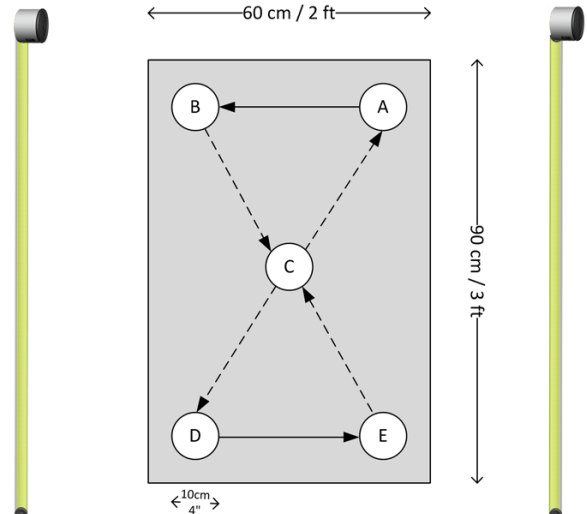
1. The previous exercise ends with your right foot on B
2. Jump With left foot on C
3. Jump with your left foot on D, E, C, A, B
4. Repeat 5 times (6 times in total)

#### Both Feet

1. The previous exercise ends with your left foot on B
2. Jump with both feet on C
3. Jump with both feet on D, E, C, A, B
4. Jump back to the starting point
5. Repeat 5 times (6 times in total)

#### Turn Around

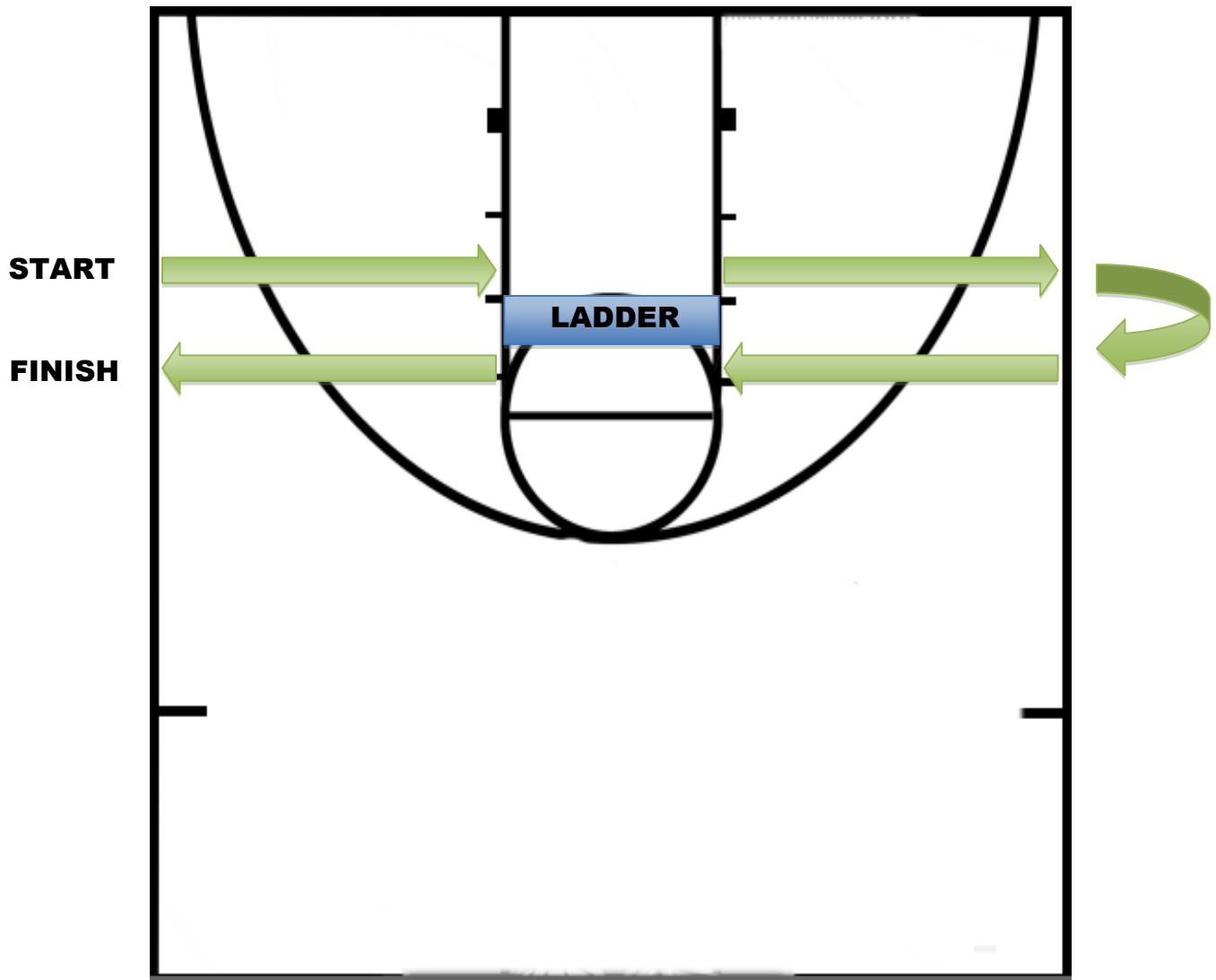
1. Jump with both feet on C
2. Jump putting one foot on D and one on E, just like in exercise #1
3. Turn around clockwise 180° (your feet will still be on E and D)
4. Jump on C with both feet and then with one on A and one on B
5. Turn again around to the left (anti-clockwise) 180° and start again
6. Repeat 5 times (6 times in total)



2. *Speed ladder work*: Set up the speed ladder horizontally on a basketball court with approximately 20ft of court space on either side of the ladder. Perform the following sequences by starting at one side of the court, sprinting and decelerating to the ladder, sprinting after the ladder, touching the line on the opposite side of the court, and sprinting back to the ladder to perform the drill again. In certain cases, the specific sequence will call for you to backpedal when returning to the ladder, and perform the exercise backwards. See a diagram of the setup on the next page.

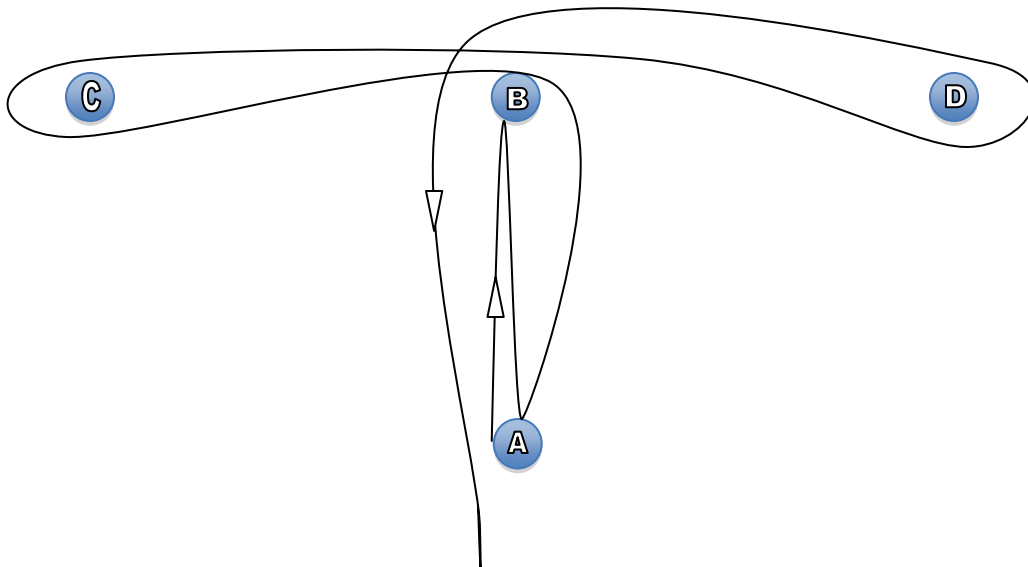
a. *Sequences*:

- i. High knees, one to a box, sprint down and back x2
- ii. High knees facing sideways, shuffle down and back x2
- iii. Hip turns facing sideways, shuffle down and back x2
- iv. In and outs, sprint down backpedal back/backwards x2
- v. Skier shuffles, sprint down backpedal back/backwards x2
- vi. Hopscotch, sprint down backpedal back/backwards x2

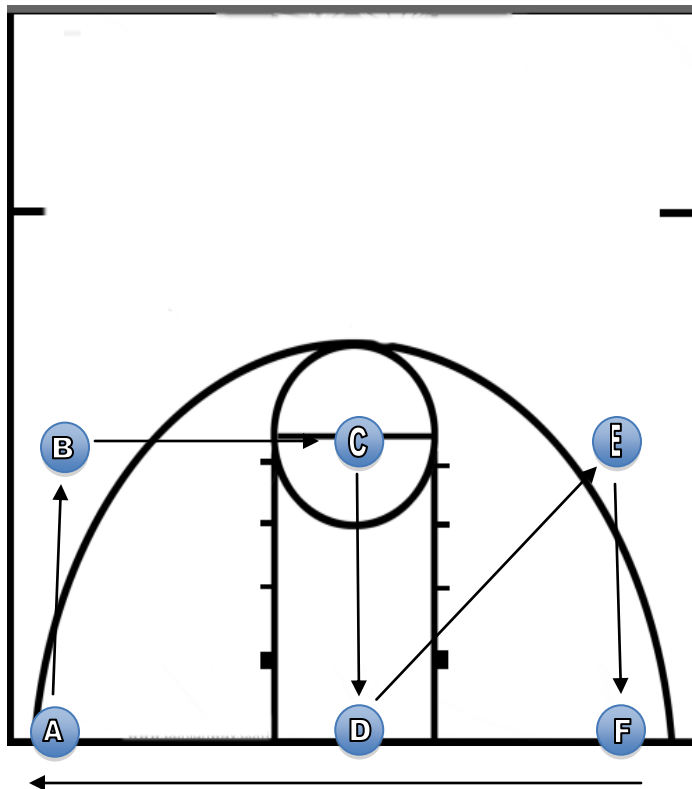


3. *Cone work:* Perform the two cone drills shown below six times each with thirty seconds rest in between each rep. Set up the top cone 15yards from start and the side cones 10 yards diagonally away from the top cone.

- a. Sprint to cone B, sprint back to A, sprint around B to C, sprint from C to D, sprint around D, then around B through A. Perform 6 reps w/ 30 second breaks



- b. Sprint from cone A to cone B, side shuffle to C, sprint to D, sprint to E, side shuffle to F, sprint to A. Perform 3 reps from both sides w/ 30 second breaks



## Lifting:

Each week, strive to add weight from your previous week's lift.

Day 1: Chest/Arms	Warmup: Stretch					
DB Bench Press (left,right,both=1 rep)	x4	x3	x3	x2	x2	
Incline DB Bench Press (both=1 rep)	x8	x6	x6	x4		
Decline DB Bench Presss (both=1 rep)	x8	x6	x6	x4		
DB Lateral Raise	x10	x8	x8	x6		
Band Work (Indicate color of band)	x8	x8	x8			
DB Curls	x8	x6	x6			
32/40s	x1	x1				
<b>Conditioning: 4 suicides, 1min rest: __sec, __sec, __sec, __sec</b>						
Band Work consists of 6 movements: 2 elbow, 2 shoulder, 2 core. The elbow movements are external and internal rotation. The shoulders are rotations forwards and backwards, and the core is an upper body rotation and push in/out.						
Day 2: Legs	Warmup: Stretch and Speed Ladder Drills					
Deadlift	x8	x6	x6	x4	x4	
Rear Foot Elavated Split Squats (RFESS)	x8	x8	x8	x8		
Front Plate Raise (Superset)	x12	x10	x10	x8		
Farmers Walks (40 yards)	x1	x1	x1			
Plank	x8	x8	x6	x6		
Day 3: Back/Shoulders	Warmup: Stretch					
Neutral Grip Pullup	x10	x8	x8			
T-bar bent over row	x10	x8	x6	x6		
DB front/lateral raise	x12	x12	x12	x12		
One-arm row	x8	x8	x6	x6		
Front Plate Raise (Superset)	x10	x6	x4	x4		
Lat pull down	x8	x8	x8	x8		
Ab rollouts	x10	x10	x10	x10		
Band Work	x8	x8	x8			
<b>Conditioning: 2.5mile run (on treadmill or see path above) time: __min __sec</b>						
Day 4: Legs Power	Warmup: Stretch and Dot Mat Drills					
Power Clean	Progression	x6	x5	x5	x4	x3
Front squat (light)	x12	x12	x10	x8		
DB Lunge	x10	x8	x8	x6		
BB Step Up (right,left=1 rep)	x6	x6	x6	x6		
Hanging Barbell Hamstring stretch*	x8	x8	x8	x6		
*This is essentially a static hamstring stretch but with a barbell in your hands. Stand on a box with feet shoulder-width apart. With little-to-nothing on the barbell, keep your knees straight and bend down just as you would with a normal static hamstring stretch. Hold the barbell around your feet for 3 seconds, then slowly raise back up.						
Day 5: Circuit/Speed	Warmup: Stretch					
Cosgrove Circuit	x6	x5	x4	x3	x2	x1
Band Work	x8	x8	x8			
Plank (front,side,side, front/45 sec each)	x1	x1				
The Cosgrove Circuit consists of 7 barbell exercises performed consecutively without putting the bar down. The set scheme is a descending pyramid, and the exercises are (in this order) Deadlift, Romanian Deadlift, Bent Over Run, Hang Clean, Front Squat, Push Press, Back Squat. The Circuit is designed to be performed with an incredibly light weight, as you're only supposed to take 60sec break between each set. See the link above to watch a video of the circuit.						
<b>Conditioning: 20yd sprints x4, 40yd sprints x4, 60yd sprints x2</b>						