

# **Developing An Athlete for the Game of Baseball**

Lance Sewell, MS, MSCC, SCCC

# **Contributors To My Philosophy**

- **Vern Gambetta**
- **John Stucky/Tom Moffitt**
- **Augie Garrido**
- **Ken Ravizza**
- **Sparta Science**

- **Development of an athlete is never-ending**
- **Multiple fitness components and motor abilities**
- **Two fundamental requirements**

# **Mission**

- **Implement a practical athletic development program that is designed to enhance the on field play of a baseball player. The program will be designed to develop the athletic qualities that will enhance speed, power, and agility to improve baseball performance while minimizing the potential for injury.**

# Philosophy

- **Coaching is teaching**
- **Coach people, not a sport**
- **Comprehensive approach**
- **Purposeful programming**

# Goals

- **Reduce the likelihood and/or severity of injury**
- **Positive physiological adaptations to maximize performance**

# **Program Principles**

- **Functional mobility and postural control**
- **Train movements**
- **Ground based**
- **Principle of periodization**
- **Principle of specificity**
- **Principle of availability**

# Planning to Plan

- **Classical Periodization**
- **Yearly Plan**
- **Divide into blocks**
- **Sessions**
- **Modules**

# **Yearly Blocks**

- **Foundation Block**

**Summer / Fall**

- **Preparatory Block**

- **Competition Block**

**Infielder, Outfielder, Catcher,  
Starting Pitcher, Relieve Pitcher**

# Nuts & Bolts

# **Getting Started (The Warm Up)**

- **Soft tissue manipulation**
- **Psychological perspective**
- **Physiological objective**
- **Vary in length**
- **Active**
- **Build progressively**
- **Joint mobility & stability enhancement**

# The Ritual

- **Skipping to striding**
- **Leg Swings**
- **Mini Band**
- **Balance & Stability**
- **Medicine Ball Walking Rotation**
- **Dynamic Stretching**

# **Speed and/or Conditioning**

- **Active Stretch**
- **Hurdles**
- **Coordination Movements**
- **Mach Drills**

# **Strength**

- **Lumbar Spine**
- **Thoracic Spine**
- **Shoulder Complex**

# Foundation Block

- **Objective**

**Summer / Fall**

- **Program Components**

- **Parameters**

- **Exercise Selection**

**Hitters**

Lance Sewell				University of Tennessee Baseball										Setting the goal is easy. The hard is the ongoing commitment to work.					
Phase / Block:		Foundational Strength		MAXES			Back Squat		375		0		Sophmore						
Emphasis		Performance					Front Squat		263										
Catcher							Single Leg Squat		206		2017		Fall 2016 Week 1						
Longview, TX							Pwr Clean		110										
13							Pwr Snatch		77										
EXERCISE		Day 1					EXERCISE		Day 2		EXERCISE		Day 3				EXERCISE		Day 4
DAY 1		%	REP	WT	DAY 2		%	REP	WT	DAY 3		%	REP	WT	DAY 4		%	REP	WT
OlympicLift	Hang Clean	50%	5		Squat	Front Squat	50%	8		OlympicLift	Hang Clean	50%	5		Squat	Front Squat	50%	8	
		60%	5				60%	8				60%	5				60%	8	
		65%	5				70%	8				65%	5				65%	8	
		70%	5				75%	8				65%	5				70%	8	
							80%	8									75%	8	
LandMine	LandMine Rotation Snatch		5		Squat	Single Leg Back Squat	65%	8		LandMine	LandMine Rotation PowerPress		5		Squat	Single Leg Front Squat	60%	5	
			5				75%	8					5				70%	5	
			5				80%	8					5				75%	5	
OlympicLift	Clean Pull	95%	5		HorizontalPush	DB Bench Press		8		OlympicLift	Snatch Pull	90%	3		VerticalPush	Half Kneeling Single Arm Press		8	
		100%	5					8				95%	3					8	
		100%	5					8				100%	3					8	
UNILEG	Lunge		6		HorizontalPull	Barbell Bent-Over Row		8		UNILEG	Step Up		6		HorizontalPull	Single Arm DB Bent-Over Row		8	
			6					8					6					8	
			6					8					6					8	
								8										8	
PostChain	Barbell RDL	70%	6		VerticalPush	Half Kneeling Single Arm Press		8		PostChain	Good Morning	35%	5		VerticalPull	Plate Pull Over		8	
		75%	6					8				40%	5					8	
		75%	6					8				45%	5					8	
VerticalPull	Towel Pull Up		8		Cuff	RSE		12		VerticalPull	Thick Bar Chin Up		5		Cuff	Tubing II		10	
			8					12					5					10	
			8										5						
													5						

Lance Sewell				University of Tennessee Baseball													
Phase / Block:		SPEED-Strength		MAXES				Back Squat		375		Sophomore			2017		
Emphasis		Deload						Front Squat		263							
13								1 Leg Squat		206		0			Fall 2016 Week 5 (Fall Ball Wk1)		
Longview, TX								Pwr Clean		110							
Catcher								Pwr Snatch		77							
EXERCISE				EXERCISE				EXERCISE				EXERCISE					
DAY 1				DAY 2				DAY 3				DAY 3					
1	OlympicLift	%	REP	WT	1	Squat	%	REP	WT	1	OlympicLift	%	REP	WT			
		Power Clean		60%			4	66	Front Squat			50%	8	131	Power Clean		60%
Hurdle Jump x6 (last 3 sets)		70%	4	77	superset last 3 sets with Box Jump x8		60%	8	158	Long Jump x8 (last 3 sets)		65%	4	72			
		75%	3	83			65%	6	171			70%	3	77			
		80%	3	88			70%	6	184			75%	3	83			
		80%	3	88			75%	6	197			75%	3	83			
							75%	6	197								
2	Squat	Single Leg Back Squat		70%	3	144	2	PostChain	Barbell RDL		70%	5	77				
		super set with		75%	3	155			Towel Pull Up x6		75%	5	83				
1st 2 sets = Tubing pro/re-traction x12, scarecrow x12		80%	3	165	last 2 sets = Tubing T's x12, Tubing A's x12		80%	5	88	Single Leg Front Squat		65%	6	134			
last 2 sets = Tubing T's x12, Tubing A's x12		80%	3	165			80%	5	88			70%	6	144			
							1st 2 sets = Tubing pro/re-traction x12, scarecrow x12		75%			6	155	last 2 sets = Tubing T's x12, Tubing A's x12		75%	6
3	HorizontalPull	Barbell Bent-Over Row		6	3	HorizontalPush	Single Arm DB Bench Press		5	3	HorizontalPull	Single Arm DB Bent-Over Row		6			
		Plate Loaded Push Up 6x_____ 6x_____ 6x_____		6			superset last 3 sets with		5			Half Kneeling Single Arm Press 6x_____ 6x_____		6			
6x_____		6	MedBall 1 Arm Rotational Put x5 ea (8lb)		5	6x_____ 6x_____		6									
4	Finisher	DB Farmers Walk			4	Finisher	ForeArm Burnout			4	Finisher	Single Arm DB Farmers Walk					
		Plate Pinch					3 sets					1 Hand Plate Pinch					
3 sets of each					3 sets			3 sets									
5	Finisher				5	Finisher				5	Finisher						
6	Finisher				6	Finisher				6	Finisher						

# Pitchers

Lance Sewell				University of Tennessee Baseball										Setting the goal is easy. The hard is the ongoing commitment to work.								
Phase / Block:		Strength		MAXES			Back Squat		375		0		Sophmore									
Emphasis		Base					Front Squat		263													
Pitcher							Single Leg Squat		206													
Longview, TX							Clean Pull		110													
13							Snatch Pull		77													
							Bench Press		0													
				Incline Bench		0		2017		Fall 2016 Week 1												
		Day 1		EXERCISE			Day 2			EXERCISE			Day 3			EXERCISE			Day 4			
DAY 1		%	REP	WT	DAY 2			%	REP	WT	DAY 3			%	REP	WT	DAY 4			%	REP	WT
Squat	1	Barbell Squat Jump	20%	5	75	Squat	1	Single Leg Front Balance Squat	8	8	OlympicLift	1	Barbell Jump Shrug	50%	5	55	Squat	1	Single Leg Balance Squat	8	8	8
			25%	5	94				8	55%				5	61	8						
			30%	5	113				8	60%				5	66	8						
			30%	5	113					60%				5	66							
LandMine	2	LandMine Rotation	8		Squat	2	Back Squat	50%	5	188	MedBall	2	Rotation & Twist	10		Squat	2	Front Squat	50%	5		
			8					60%	5	225				60%	5				5			
			8					70%	5	263				70%	5				5			
								70%	5	263				70%	5				5			
								70%	5	263				70%	5				5			
OlympicLift	3	Clean Pull	60%	5	66	HorizontalPull	3	Barbell Bent-Over Row	6		OlympicLift	3	Snatch Pull	60%	5	46	HorizontalPull	3	Single Arm DB Bent-Over Row	6		
			70%	5	77				6	70%				5	54	6						
			75%	5	83				6	75%				5	58	6						
			75%	5	83				6	75%				5	58	6						
UNILEG	4	Lunge	6		SHStabil ty	4	Arm Step Up	8		UNILEG	4	Step Up	6		SHStabil ty	4	Arm Stair Step Up	8				
			6					8	8				6	8								
			6					8	8				6	8								
								8	8				6	8								
PostChal n	5	Barbell RDL	70%	6	77	SHStabil ty	5	Barbell Overhead Shrug	8		PostChal n	5	Good Morning	5		SHStabil ty	5	Box Crawling	2			
			75%	6	83				8	5				2								
			75%	6	83				8	5				2								
VerticalP ull	6	Towel Pull Up	8		Cuff	6				VerticalP ull	6	Thick Bar Chin Up	6		Cuff	6						
			8					6	6													
			8					6	6													

# Preparatory Block

- **Objective**
- **Program Components**
- **Parameters**
- **Exercise Selection**

**Hitters**



# Pitchers

<b>Lance Sewell</b>				<b>University of Tennessee Baseball</b>								<b>Setting the goal is easy. The hard is the ongoing commitment to work.</b>								
<b>Phase / Block:</b>		<b>Strength</b>		<b>Back Squat</b>		<b>300</b>		<b>0</b>		<b>Sophmore</b>										
				<b>Front Squat</b>		<b>210</b>														
<b>Emphasis</b>		<b>Base</b>		<b>Single Leg Squat</b>		<b>165</b>														
<b>Pitcher</b>				<b>MAXES</b>		<b>Clean Pull</b>		<b>2017</b>		<b>Semester Break '16-'17 Week 1</b>										
<b>Longview, TX</b>						<b>Snatch Pull</b>												<b>77</b>		
<b>13</b>						<b>Deadlift</b>												<b>0</b>		

		Day 1			EXERCISE			Day 2			EXERCISE			Day 3			EXERCISE			Day 4		
		%	REP	WT	DAY 2			%	REP	WT	DAY 3			%	REP	WT	DAY 4			%	REP	WT
OlympicLift	<b>DAY 1</b>	40%	5		Squat	<b>DAY 2</b>		5		OlympicLift	<b>DAY 3</b>		5		Squat	<b>DAY 4</b>		5				
		45%	4				4				5			4								
	<b>Set 1 TrapBar hang jump shrug</b>	50%	3			<b>Front Squat</b>		4			<b>DB Jump shrug (2 sets)</b>		3			<b>Bulgerian Back Squat</b>		4				
	<b>Set 2 TrapBar RDL to jump shrug</b>	60%	3			<b>last 3 sets perform</b>		3			<b>DB single leg RDL to high pull (3 each)</b>		3			<b>last 3 sets perform</b>		3				
	<b>Set 3 TrapBar pull to jump shrug</b>	60%	3			<b>seated box jumps 8x</b>		3					3			<b>Hop Hop Jump</b>		3				
	<b>Set 4 TrapBar pull to jump shrug</b>	70%	3					3					3					3				
	<b>Set 5 TrapBar Pull</b> <b>Set 6 TrapBar Pull</b>	70%	3																			

UNILEG	<b>Posterior lunge tp step up</b>		3		Squat	<b>Split Squat-Goodmorning</b>		5		Plyometric	<b>Posterior lunge to broad jump</b>		6		Plyometric	<b>Ice Skater</b>		8	
	<b>USE DB</b>		3				5		<b>6 each</b>			6		<b>8 each side</b>			8		
	<b>3 each leg</b>													<b>execute 1 broad jump on last rep</b>					

UNILEG	<b>Lateral lunge to lateral step up</b>		3		HorizontalPush	<b>Box Crawling</b>		2		OlympicLift	<b>TrapBar Deadlift</b>		5		HorizontalPush	<b>Box Crawling</b>		2	
	<b>USE DB</b>		3				2				4		<b>2 boxes = 1 set</b>			2			
	<b>3 each leg</b>		3				2				3					2			
											3								

HorizontalPull	<b>Barbell Bent-Over Row</b>		6		VerticalPull	<b>Towel Pull Up</b>		5		HorizontalPull	<b>Single Leg 1 Arm DB Bent-Over Row</b>		6		VerticalPull	<b>Chin Up</b>		6	
			6				5				6			6					
			6				5				6			6					

LandMine	<b>LandMine Rotation</b>		8		HorizontalPull	<b>DB Rhomboid</b>		8		LandMine	<b>LandMine Rotation</b>		8		HorizontalPull	<b>Single Arm DB Rhomboid</b>		8	
			8				8				8			8					
			8				8				8			8					

SHStability	<b>Arm Step Up</b>		10		SHStability	<b>Half Kneling Tubing Horizontal Chop</b>		10e		SHStability	<b>Arm Stair Step Up</b>		10		SHStability	<b>Half Kneling Tubing Horizontal Chop</b>		10e	
	<b>superset with</b>		10				10e				10		<b>superset with</b>			10e			
	<b>Keiser Low Pulley Lift x10e</b>												<b>Keiser HalfKneeling Chop x10e</b>					<b>superset with</b>	

# Competition Block

- **Objective**

**Return to Campus / In-Season**

- **Program Components**

- **Parameters**

- **Exercise Selection**

# Infielders

**INFIELDERS EMPHASIS**

<b>DAY ONE</b>	<b>EXERCISE</b>	<b>REP/SET</b>	<b>COMMENTS</b>
	LB Roll-Out 1		
	UB Roll-Out 1		
	Active Warm Up		
	Mini-Band LB		
	Dynamic Flex		
	Good Morning to Fwd Lunge 4/4/4/4 (superset with Spiderman x8e)	4 each leg	
	1 Arm DB Snatch (superset with Plate Twist x10e)	4/4/4/4	
	Barbell Bent Over Row (superset with WTED Push-ups x5)	4/4/4/4/4	
	DB Bulgarian Squat (superset with I.T. Band Foam Roll x30s)	5/5/5/5	
	Hurdle Series		
<b>DAY TWO (MID-WEEK GAMEDAY)</b>			
	Active Warm Up		
	Mini-Band LB		
	Balance & Stability		
	Indy Mobility & Flexibility		
<b>DAY THREE</b>			
	Active Warm Up		
	Mini-Band LB		
	Dynamic Flex		
	Clean High Pull (superset Band OH Bulgarian Squat x9e)	4/4/4/4	
	Split Squat (superset set Single Arm DB Split Jerk 4e and Lateral Lunge & Reach x9e)	4/4/4/4	
	Towel Pull-ups (superset with ArmStep Up x8 and Single Arm Farmers Walk x20yd)	6/6/6/6	

**INFIELDERS EMPHASIS****DAY FOUR****EXERCISE****REP/SET****COMMENTS**

Active Warm Up  
Mini-Band LB  
Balance & Stability  
Indy Mobility & Flexibility

**DAY FIVE (GAME 1)****(OPTIONAL STRENGTH)**

Active Warm Up  
Mini-Band LB  
Dynamic Flex  
Barbell Hip Thrust  
(superset with Keiser Lift x8e)  
Suitcase Deadlift  
(superset last 3 sets with Drop Step Lunge x9e)  
Half-Kneeling LandMine Press  
(superset with 1 Arm DB Row x5)  
SlideBoard Lateral Reach  
(superset with ArmStep Up x8)

5/5/5/5

5/4/3/3/3

8/8/8/8

10/10/10

**DAY SIX (GAME 2)**

Active Warm Up  
Mini-Band LB  
Mobility  
Flexibility

**DAY SEVEN (GAME 3)**

Active Warm Up  
Mini-Band LB  
Mobility  
Flexibility

# Outfielders

## OUTFIELDERS EMPHASIS

DAY ONE	EXERCISE	REP/SET	COMMENTS
	LB Roll-Out 1		
	UB Roll-Out 1		
	Active Warm Up		
	Mini-Band LB		
	Dynamic Flex		
	Single Leg Fnt Bal Sqt	6/6/6	
	Box Jump	8/8/8	
	(superset with LandMine Single Arm Press x6e & Plate Twist x10e)		
	Single Arm DB Snatch	4/4/4/4	
	(superset with Keiser Paloff Press x8e and Front Squat x4)		
	Row- Barbell Bent Over	5/5/5/5	
	(superset with Slide Board x10e and Single Arm OH Farmers Walk x20yd)		
	Hurdle Series		
DAY TWO (MID-WEEK GAMEDAY)			
	Active Warm Up		
	Mini-Band LB		
	Balance & Stability		
	Indy Mobility & Flexibility		
DAY THREE			
	Active Warm Up		
	Mini-Band LB		
	Dynamic Flex		
	MedBall- Cross-N-Front	8/8/8	
	(superset Single Arm DB Split Jerk x3e and Lateral Lunge & Reach x6e)		
	Deadlift- Trap Bar	5/4/3/3/3/3	
	(superset last 3 sets with MedBall OH Slam x6e and ArmStep Up x8)		
	Squat- Bulgarian front	5/4/3/3/3	
	(superset set Single Arm DB Row 4e and Butterfly Wall Slide x8)		

## OUTFIELDERS EMPHASIS

DAY FOUR	EXERCISE	REP/SET	COMMENTS
	Active Warm Up Mini-Band LB Balance & Stability Indy Mobility & Flexibility		
DAY FIVE (GAME 1)	(OPTIONAL STRENGTH) Active Warm Up Mini-Band LB Dynamic Flex Single Leg Bal Sqt Star Jumps (superset with Keiser Lift x8e and KB Windmill x8e) Suitcase Deadlift (superset last 3 sets with Posterior Lunge & Reach x9e and Arm StairStep x8) Inverted Row (superset with WTED Push-ups x6 and Reach Roll & Lift x8e)	9/9/9 10/10/10  5/4/3/3/3 8/8/8/8	Bodyweight
DAY SIX (GAME 2)	Active Warm Up Mini-Band LB Mobility Flexibility		
DAY SEVEN (GAME 3)	Active Warm Up Mini-Band LB Mobility Flexibility		

# Catchers

## CATCHERS EMPHASIS

DAY ONE	EXERCISE	REP/SET	COMMENTS
	LB Roll-Out 1		
	UB Roll-Out 1		
	Active Warm Up		
	Mini-Band LB		
	Dynamic Flex		
	Barbell Hip Thrust	4/4/4/4	4 each leg
	(superset with Later Sway Rotation x6e nd Spiderman x8e)		
	1 Arm DB Snatch	4/4/4/4	
	(superset with Plate Twist x10e)		
	Barbell Bent Over Row	4/4/4/4/4	
	(superset with WTED Push-ups x5)		
	1 DB OH Bulgarian Squat	5/5/5/5	
	(superset with I.T. Band Foam Roll x30s)		
	Hurdle Series		
DAY TWO (MID-WEEK GAMEDAY)	Active Warm Up		
	Mini-Band LB		
	Balance & Stability		
	Indy Mobility & Flexibility		
DAY THREE	Active Warm Up		
	Mini-Band LB		
	Dynamic Flex		
	DB Squat Jump	5/5/5/5	use 20% of bodyweight
	(superset Slide Board Lateral Lunge x9e)		
	Split Squat	4/4/4/4	
	(superset set Single Arm DB Split Jerk 4e and MedBall Back-to-Back x8e)		
	Towel Pull-ups	6/6/6/6	
	(superset with ArmStep Up x8 and Single Arm Farmers Walk x20yd)		

## CATCHERS EMPHASIS

### DAY FOUR

#### EXERCISE

Active Warm Up  
Mini-Band LB  
Balance & Stability  
Indy Mobility & Flexibility

#### REP/SET

#### COMMENTS

### DAY FIVE (GAME 1)

#### (OPTIONAL STRENGTH)

Active Warm Up  
Mini-Band LB  
Dynamic Flex  
Good Morning to Step Up  
Long Jump  
(superset last 3 sets with Drop Step Lunge x9e)  
Half-Kneeling LandMine Press  
(superset with 1 Arm DB Row x5 and ArmStep Up x8)  
SlideBoard Lateral Reach

4/4/4/4

8/8/8/8

8/8/8/8

10/10/10

### DAY SIX (GAME 2)

Active Warm Up  
Mini-Band LB  
Mobility  
Flexibility

### DAY SEVEN (GAME 3)

Active Warm Up  
Mini-Band LB  
Mobility  
Flexibility

**Starter**

**STARTER EMPHASIS**

<b>DAY ONE</b>	<b>EXERCISE</b>	<b>REP/SET</b>	<b>COMMENTS</b>
	Conditioning (20-minute bike)		
	LB Roll-Out 1		
	UB Roll-Out 1		
	Box Crawling	2/2	1 set = 2 Boxes
	Mini-Band LB		
	Squat-Single Leg F Bal (superset with couch stretch 30s each)	8/8/8	
	Squat- Front (superset last 3 with box jump)	5/4/3/3/3/3	
	Row- Barbell Bent Over (superset with Lat stretch 30s)	5/5/5/5/5	
	Hurdle Series		
<b>DAY TWO</b>	Active Warm Up		
	Mini-Band LB		
	Mini-Band UB		
	Balance & Stability		
	Hurdle Indy		use just 1 hurdle
	Conditioning (45sec/1:15 x3, 30/30 x3, and 15/45 x3)		
	Flexibility		
<b>DAY THREE</b>	Active Warm Up		
	Mini-Band LB		
	Conditioning (Slide Board 1min/1min x10)		
	MedBall- Cannon Ball (superset seated Thoracic Twist x8)	5/5/5/5	
	Deadlift- Trap Bar (superset last 3 sets with long jump x8)	5/4/3/3/3/3	
	Squat- Bulgarian front	5/4/3/3/3	
	Single Arm DB Row	5/5/5/5/5	
	Arm Step Up	10/10	
	Mobility Series		

**STARTER EMPHASIS**

**DAY FOUR**

**EXERCISE**

**REP/SET**

**COMMENTS**

Active Warm Up

Mini-Band LB

Mini-Band UB

Balance & Stability

Hurdle Indy Series

Conditioning (Half Gasser on a minute cycle x8)

Flexibility

use just 1 hurdle

**DAY FIVE**

Active Warm Up

Mini-Band LB

Conditioning (15 sec/45 sec x8)

MedBall- Cannon Ball

5/5/5

MedBall- Hop&Chest Pass

5/5/5

Squat & Touch

9/9/9

bodyweight

Pulley-Mid Single Arm Row

5/5/5/5

Arm Stair Step

8/8

Mobility Series

**DAY SIX**

Active Warm Up

Mini-Band LB

Speed (50 yard sprints x6)

Flexibility

**GAME DAY**

Active Warm Up

Mobility

Flexibility

Speed (30 yards sprints x5)

PITCH

POST PITCHING (Arm Exercises)

**Relievers**

## RELIEVERS EMPHASIS

DAY ONE	EXERCISE	REP/SET	COMMENTS
	Conditioning (20-minute bike)		
	LB Roll-Out 1		
	UB Roll-Out 1		
	Box Crawling	2/2	1 set = 2 Boxes
	Mini-Band LB		
	Squat-Single Leg F Bal (superset with couch stretch 30s each)	8/8/8	
	Squat- Front (superset last 3 with box jump)	5/4/3/3/3/3	
	Row- Barbell Bent Over (superset with Lat stretch 30s)	5/5/5/5/5	
	Hurdle Series		
DAY TWO (MID-WEEK GAME)	Active Warm Up		
	Mini-Band LB		
	Mini-Band UB		
	Balance & Stability		
	Hurdle Indy		use just 1 hurdle
	Conditioning (30/30 x4 and 15/45 x4)		
	Flexibility		
DAY THREE	Active Warm Up		
	Mini-Band LB		
	Conditioning (Slide Board 30/30 x10)		
	MedBall- Cannon Ball (superset seated Thoracic Twist x8)	5/5/5/5	
	Deadlift- Trap Bar (superset last 3 sets with long jump x8)	5/4/3/3/3/3	
	Squat- Bulgarian front	5/4/3/3/3	
	Single Arm DB Row	5/5/5/5/5	
	Arm Step Up	10/10	
	Mobility Series		

**DAY FOUR**

**EXERCISE**

**REP/SET**

**COMMENTS**

Active Warm Up  
Mini-Band LB  
Mini-Band UB  
Balance & Stability  
Hurdle Indy Series  
Conditioning (Half Gasser on a minute cycle x8)  
Flexibility

use just 1 hurdle

**DAY FIVE (GAME 1)**

Active Warm Up  
Mini-Band LB  
Mobility  
Conditioning ( 15sec/45sec x8)

**DAY SIX (GAME 2)**

Active Warm Up  
Mini-Band LB  
Mobility  
Speed (50 yard sprints x6)  
Flexibility

**DAY SEVEN (GAME 3)**

Active Warm Up  
Mini-Band LB  
Mobility  
Speed (30 yards sprints x6)  
Flexibility

Closing