

## Lebo Prime Winter Workouts Example (Weeks 1 thru 4)

**Bat24-** 514 McNeilly Road  
**Door Access Code:** 20204#

**Mayview Facility-** 1863 Mayview Rd  
**Keybox Code (rear door; leave key in box)-** 388 663 12

**Scheduled on Saturdays 3pm-730pm, 90 minutes per group**

**Resources:** 4 Hitting Cages (2 baseball pitching machines), Ground Ball/Bullpen area, Balls and hitting tees are provided at facility

**Optional Equipment:** Cones, additional training aids

**Focus:** Throwing and Fielding Fundamentals, Hitting Tee work, Agility Training



### 1. **00:00-00:15**

**Dynamic Whole-group Warm-Up** (use ground ball area and Cages 1 & 2; choose a variety of movements from the list; see descriptions below)

- Walking Knee to Chest (2 x 10 reps)
- Walking Lunges (2 x 10 reps)
- High Knees (2 x 20 sec)
- Jumping Jacks (25)
- High Knees (in place; 2 x 20 sec)
- Forward Lunges (in place; 2 x 10 reps)
- Butt Kicks (2 x 20 sec)
- Carioca (up/dwn; L/R)
- Short-distance Sprints
- Trunk Twists (10 reps)
- Standing Chops (10 reps; Both sides)
- Straight Arm Crosses (2 x 10 reps)
- Straight Arm Circles (10 reps; F/B)
- Swimmers (10 reps)
- No Money (10 reps)

### 2. **00:15-01:15**

**Small Group Work-** Split players into 3-4 groups (4-8 players per group; switch every 20-25 mins)

- **Throwing Group** (use cage 2 and/or ground ball tunnel)

\*Use No Partner throwing (into netting) depending on available space.

- o Throwing Progression (6-10 throws for each)- [Throwing Progression – Dugout Captain](#)
  - 2 Knee Throw/Catch- [Two Knee Catch – Dugout Captain](#)
  - 1 Knee Throw/Catch- [One Knee Catch – Dugout Captain](#)
  - Feet in Concrete (standing, no stride)- [Feet In Concrete – Dugout Captain](#)
  - Step Backs- [Step Back Throw - YouTube](#)
  - 1-Hops- [Baseball Pitching Drill: Backside Leg Hop - YouTube](#)

- **Fielding Group** (use cage 2 and/or ground ball tunnel)

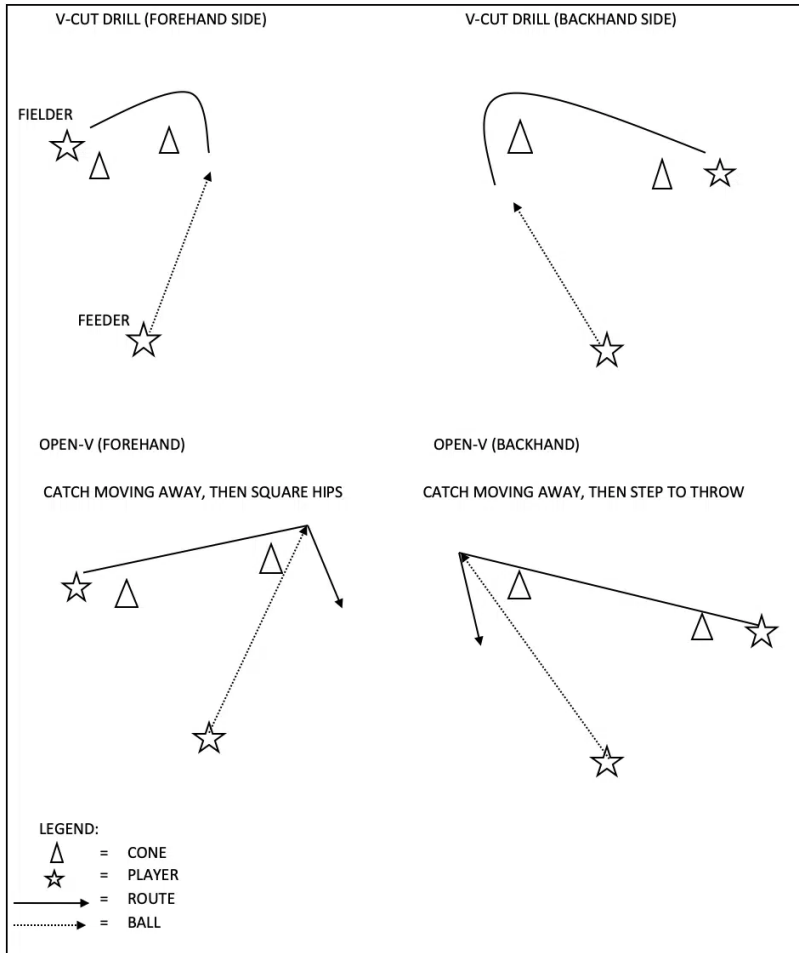
10-12 Minutes of Hands Work

- o **Eyes behind the ball** — 2 sets of 10 reps: Players start on their knees and work on getting their upper body parallel to the ground (as shown in this video).
- o **Short-hops** — 2 sets of 10 reps.
- o **Forehands** — 2 sets of 10 reps.
- o **Backhands** — 2 sets of 10 reps.

- **Turn and field** — 2 sets of 10 reps: Fielders start with their back to their partner, who feeds them either a grounder, short-hop or high-hop. As the ball is on the way, the feeder will call for the fielder to quickly turn around and make the play.

10-12 Minutes of Foot Work (see diagram for setup)

- **V-cut, forehand side** — 10 reps.
- **V-cut, backhand side** — 10 reps.
- **Open-V, forehand side** — 10 reps.
- **Open-V, backhand side** — 10 reps.



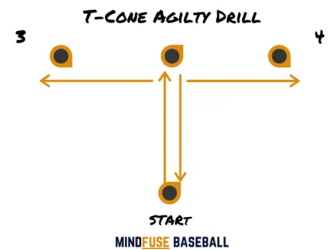
- **Hitting Group** (looking for 40-60 swings per player; 12-20 per station)
  - o Cage 1- Live BP using machine or Coach Pitcher

**Live 5 for Hitting** (the five key focus points to confirm and correct when pitching to a live batter)

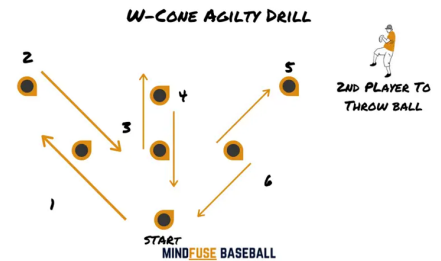
1. "See Ball, Turn Back" (Load)
  2. "Let the ball come to your feet" (Most swings and misses, kids swing too early)
  3. "Turn Fast" (LEGS power the swing )
  4. "Head in Place" (No reaching - for poorly located pitches)
  5. "Feet in Place" (the key to for BALANCE)
- o Cage 3- BP reps- Front or side Underhand Toss
  - o Cage 4- Hitting Tee (choose 1 or 2 drills each session)
    - No stride-Load back Tee drill- [No Stride- Load Back Drill - YouTube](#)
    - Cone & Tee Drill- [Cone & Tee Drill – Dugout Captain](#)
    - 3-Step or 3-Stride Hitting Tee Drill- [3 Step Hitting – Dugout Captain](#) or [3-Stride Tee Drill -YouTube](#)
    - Step Back Tee drill- [Step Back Tee Drill - YouTube](#)
    - Happy Gilmore Tee Drill- [Happy Gilmore Drill - YouTube](#)
    - 3-Step or 3-Stride Hitting Tee Drill- [3 Step Hitting – Dugout Captain](#) or [3-Stride Tee Drill -YouTube](#)
    - No stride-Load back Tee drill- [No Stride- Load Back Drill - YouTube](#)

- **Agility Group (use cones)**

- o **T-Cone:** Setup between 4-8 (depending on the amount of 'stations' you want) cones in the shape of a 'T'. Start at cone '1' (see image) sprint to the 2nd cone and then back to the 1st. Then you'll sprint back to the 2nd cone, change direction and sprint to cone 3. Then return back to the starts and repeat for cone 4. To increase reaction time you can add a second person that calls out the color of the cone or points to the cone that you must run to next.



- o **W-Cone:** Similar idea but this time you'll sprint in a shape of a 'W'. Have a second player positioned outside the drill to throw a baseball to be caught once the player reaches the last cone. Remember the player can use all sorts of movements to complete the circuit in from straight out sprints, to side steps, jumps etc. Try mimic fielding position movements as much as possible.



3. 01:15-01:30

- **Cooldown/Plyometric/Core Circuit** (Choose 3 movements or 1 per group; 30-60 sec intervals then rotate/switch groups)
  - o Burpees
  - o Broad or Tuck Jumps
  - o Power Skips
  - o Situps
  - o Planks
  - o Pushups

### Dynamic Warm-up Examples

- **Forward Lunge with Twist (transverse plane):** This exercise warms-up the hips, legs, core, shoulders and arms.
  - o Stand with feet about shoulder-width apart.
  - o Hold both hands front of your body with palms together
  - o Set your core and step forward with your right foot into a lunge position
  - o Twist your upper body to the right across your right side from the core and reach across your right leg with arms outstretched
  - o Bring your arms back to the center
  - o Step your right foot back and return to the starting position
  - o Repeat with the left leg
  - o Then alternate right and left legs for 10 reps
  - o Rest 20 seconds and repeat
  - o Make sure you are facing forward with your back straight and shoulders back
  - o Don't let your knee get in front of your toes or move side-to-side
  
- **Trunk twists:** This exercise prepares the trunk for hitting and throwing.
  - o Stand in athletic stance with arms at shoulder height
  - o Elbows bent to 90-degrees and palms forward
  - o Set the core and rotate side-to-side from the hips 10 times
  - o Rest 20 seconds and repeat
  
- **Standing chops and lifts:** This exercise prepares the body for the diagonal movement in hitting and throwing.
  - o Start in an athletic stance with arms extended and both hands over your right shoulder
  - o Set you core and chop your hands diagonally down and outside your left knee
  - o Pause and lift your hands back to the starting position
  - o Perform 10 reps and then chop from left to right
  - o Perform 2 sets of 10 reps to each side
  
- **Straight-arm crosses:** This exercise prepares the muscles of the shoulders for hitting and throwing.
  - o Start in an athletic stance with arms extended straight out to the sides
  - o Set the core while keeping the arms straight bring both arms toward the mid-line of the body and cross them in front of the body with one arm above the other
  - o Pause and return to the starting position by extending the arms backwards as far as possible
  - o Perform 2 sets of 10 reps
  
- **Straight-arm circles:** This exercise prepares the muscles of the shoulders for hitting and throwing.
  - o Start in an athletic stance with both arms extended straight out from the shoulders with palms down
  - o Keeping the arms straight, make 10 small circles forward
  - o Turn the palms down and make 10 small circles forward
  - o Rest 20 seconds and repeat
  - o Now, make 10 large circles forward from the shoulders and 10 backwards
  - o Rest 20 seconds and repeat
  
- **Swimmers:** This exercise prepares the shoulders for flexion and extension.
  - o Start in an athletic stance with the right arm extended straight out from the shoulder and the left arm extended straight down at the side
  - o Set the core and pull the right arm down as you pull the left arm up
  - o Perform 10 reps with each arm, rest 20 seconds and repeat
  
- **No Money:** This exercise prepares the shoulders for internal and external rotation.
  - o Stand in an athletic stance with elbows bent at 90° and against the sides
  - o Set the core, keep the elbows against the sides, and rotate the forearms away from the body and back to the starting position with both palms up
  - o Perform 10 reps, rest 20 seconds and repeat