


Warmup Routine	
Movement Prep Progression 10 yards each movement	
Tall Knee Hug	
Frog Walk	
Quad pull to spider w a twist	
Lateral Lunge w Overhead reach	
Hip Cradle (Ankle Pull to Stomach)	
Sweeps	
Reverse Hurdle	
Forward Hurdle	
On Your Knees/Stomach	
Frogger Rock Back and Forth	x8
Sprinklers	x5 each side
Cat/cow	x8
Pigeon Stretch	x10 sec each
Scorpions	x5 each side
Pushup Position Shoulder Taps	x5 each side
On Your Back	
Bent Knee Iron Cross	x5 each side
90/90 Hip switch	x5 each side
90/90 Hip switch w liftoff	x3 each side
Catcher Specific	
Duck Walks	10 yards
One-Knee Sliders	10 yards
Blue Block Knee Lift	x5 each side
Arm Care	
Arm Circles Fwd/bkwd -(work from small circles and increase size)	x16
3-Way Field Goals (Regular, Thumb up, Thumb down)	x8 each
No money	x10
Right/Left Arm Across	x10 sec
Slams	x10
Forearm Stretch	x10 sec
Speed/Power Drills x 20 yards	
Prancing	
A-Skip	
Carioca with high knee	
Lateral A-Skip	
J-Band Throwing Routine x10 each exercise	
Reverse Flies w shoulder flexion, bicep curls, Forward flies w shoulder flexion, overhead extension w pronation, external/internal rotation	
Plyo Ball Work	32 oz Ball (Green)
Wrist Circles	x10 each way
Figure 8s	x10
Position 2 Taps	x10
Qb Sequence Without throw (Keep the ball high)	x5
Reverse Throws	x5
	



Throwing Routine	
Listen to your arm (5min-30min)	
stretch out arm (progressively moving back) Eliminate stress on arm by keeping arc on throws Open up and see how easy you can throw far	
Throwing Drills	
Tag Plays. Work on Various Throwdowns	120-150 feet
Transfer Drills w and without feet involved	45 feet
Catcher Specific Training (Gear up)	
Medball Throwdown Drill	
J-Band Receiving Routine x5 each exercise (High & Low band). Primary and Secondary Stances	
Barehand - Baseball in palm Receive & Transfer	
Tennis Balls Quick Hands / Tennis Balls Rapid Fires	
Resistance Band Blocking Routine (vary stances)	x2 each
Latin Routine (rolls, Transfers to 2nd & 3rd, Blocks, picks)	x2 each
Alternating- Yellow and White Plyo Around the world (One light plyo and one heavy plyo)	x2
Alternating- Yellow and White Plyo. yellow-curveball white-high fastball	
Around the World Regular Baseballs	
Down angle fastballs	
	
Catcher Specific Machine Training	
L-Screen High Velocity Machine Training	
Duck Walks Moving Forward Receiving	
Long-Distance Receiving Breaking Balls	
Stand-up Blocks (Driveline Balls)	
Picks	
Rapid Fire Progression	
Regular Fastballs Receiving (Mixing up stances)	
Regular Fastballs Receiving -Missed Location (Mixing up stances)	
Breaking Ball Sets (Give Sign and location) Mix in runner calls, picks, and blocks	
Situational Awareness ... Head Down Receiving/Blocking.	
