

# Staying in Game Shape during the Quarantine

US Elite Baseball



# 3 Different Facets of your game



- Strength and Conditioning
- Skills
- Mental Game

# Strength and Conditioning



- Strength, Mobility, Explosive Power, lateral quickness, Core Stability

## Solutions:

- InnerPro\*
- Home Workouts
- Crossover Symmetry\*

# Action Step



1a. 3x20 Pushups

2a. 3x25 Body Weight Squats

2b. 3x10 Vertical Leaps

3a. 3x1min Plank Hold

3b. 3x30sec Lateral line jumps

4a. Full Body Stretch (15min)

# Skills



- Infield
- Pitching
- Hitting
- Throwing
- Bunting
- Baserunning
- etc.

# Action Step



- Infield -10-15min of wall drills a day. Work Forehand, backhand, picks, double plays, etc.
- Pitchers - Every single day, visualize your best full inning on the mound.
- Hitters - Tee work, wiffle balls. Min. 30 swings a day.
- All Players - Must keep arm healthy and loose, DO NOT take all this time off of throwing and then try to pick it up and play again, that is how injuries happen.

# Mental Game



- Stay Locked In!
- Build Understanding of the game

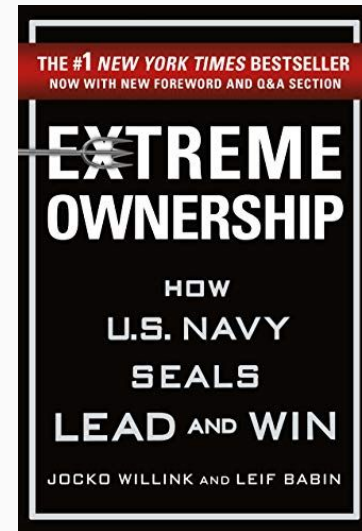
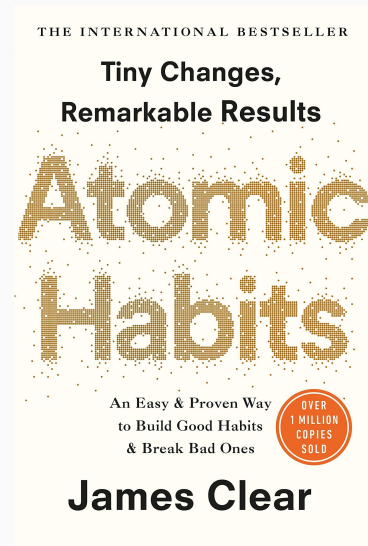
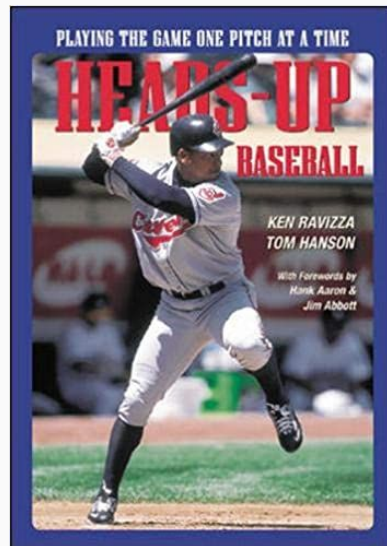
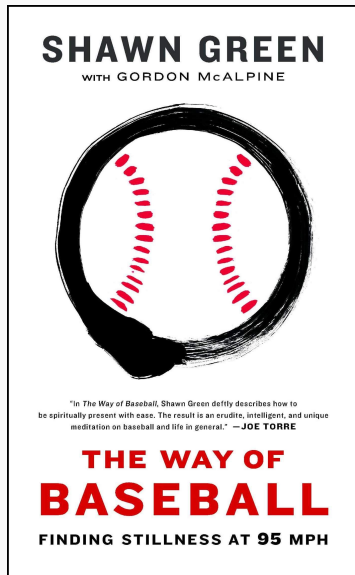
# Action Step



- InnerPro Personal Evolution Training
  - -Overall Intro
  - - Level 1 Intro
  - - Destination 1
  - - Destination 2
  - - Destination 3
  - - Destination 4
  - -then-
  - Build out Creat Your Game: Section 1
- READ



# Great Books to Read for Baseball Players





<https://www.amazon.com/Way-Baseball-Finding-Stillness-mph/dp/1439191204>

<https://www.amazon.com/Heads-Up-Baseball-Playing-Game-Pitch/dp/1570280215>

<https://www.amazon.com/Atomic-Habits-James-Clear/dp/1847941834>