**Softball Off-season workouts**

**Workout 1**

Warm-up

Jump rope x 2 minutes

Ladder drills

Quick feet steps 2 x 30 seconds

Workout

After your workout-

* Foam roll
* Stretch
* Ice anything that is sore

You should be running on your own or with your teammates so you are in shape for the season

Sumo Squat 2 x 10

Split squat jumps (weighted) 2 x 10

Side-to side hops (weighted) x 10 each way

Hamstring bridge walk 2 x 30 seconds

Supine pull-ups 3 x 10

Bench press 3 x 10

Exercise ball ball overhead press 2 x 10

MB twist throw 2-3 x 8 each side

Front plank x 30-60 seconds

Side plank x 30-60 seconds each side

Bird dogs x 10 each side

Alternatives-

Push-ups 2 x 10

Bent-over rows 2 x 10

Hamstring bridge march 2 x 30 seconds

Bridges x 20

**Softball Off-season workouts**

**Workout 2**

Warm-up

Cabin run (or run indoors for 5 minutes if the weather is bad)

Ladder drills

Dot Drills (each pattern x 5)

After your workout-

* Foam roll
* Stretch
* Ice anything that is sore

You should be running on your own or with your teammates so you are in shape for the season

Workout

Triceps pull-down 3 x 10

Shoulder 3-way raises 3 x 4-5

RDL 3 x 10

Squats 3 x 10

Dot pattern lunges 2-3 x 5

DB Incline bench press 3 x 10

Arnold curl to OH press 3 x 10

Rotator cuff elastic bands x 20 (?)

Supine leg press/overhead press with elastic band 2 x 10

Curl-ups with weight plate 2 x 20

Trunk rotations with elastic bands x 20 each way

Band anti-rotation press 2 x 10 each leg

Supine leg lift with band pull 2 x 10

**Softball Off-season workouts**

**Day 3**

Warm-up

Cabin run (or run indoors for 5 minutes if the weather is bad)

Ladder drills

Dot Drills (each pattern x 5)

After your workout-

* Foam roll
* Stretch
* Ice anything that is sore

You should be running on your own or with your teammates so you are in shape for the season

Workout

Ab/core stability-

Pick 5 exercises from the Ab/core stability exercises on the bulletin board near the door. Some of these should be trunk-twisting exercises. Do 2 sets.

Stability/Balance/Prevention

Toe/heel walks, single-leg balance on dynadisc (eyes closed), elastic band 4-way ankle pumps – 3 x 30 seconds each

Rotator cuff elastic bands- 3 x 20

Internal rotation with arm at side

External rotation with arm at side

Internal rotation with arm at 90/90

External rotation with arm at 90/90

Dumbbell scaption lifts

Softball plyo drop catches

Agility

Ladder drills - 4 sets (variety)

Dot drills – 5 reps of each pattern