

OWATONNA HIGH SCHOOL

OFF - SEASON WORKOUTS

Hitting Program

KAIZEN – CONTINUOUS IMPROVEMENT

2012 - 2013



You have very little control of what goes around you.

You have TOTAL control of how you respond and plan your future.

OWATONNA BASEBALL

OFF – SEASON HITTING PLAN

DECEMBER

*Open Gyms (Wednesdays from 7:00 – 9:30 PM at OJHS)

Stretch

Core Workout

Choose partner

Station #1

- T-Work, drop toss, bounce toss, or weight ball (overload)
- 2 sets of 12 swings (split with jack-its (6) and regular(6))

Station #2

- Soft toss
- 3 sets of 12 swings w/ baseballs (split with jack-its (6) and regular (6))

Station #3

- Short toss
- 3 sets of 12 swings w/ light flights (split with jack-its(6) and regular(6))

Station #4

- Cage Work
- Overhand toss at 40 feet
- 2 sets of 12 swings w/ baseballs (split with jack-its(6) and regular(6))

*Bunting station with the batting cage (sets of 5)

JANUARY

*Open Gyms (Wednesdays from 7:00 – 9:30 PM at OJHS)

Stretch

Core Workout

Choose partner

Station #1

- T-Work, drop toss, bounce toss, or weight ball (overload)
- 2 sets of 12 swings (split with jack-its (6) and regular(6))

Station #2

- Soft toss
- 3 sets of 12 swings w/ baseballs (split with jack-its (6) and regular (6))

Station #3

- Short toss
- 3 sets of 12 swings w/ light flights (split with jack-its(6) and regular(6))

Station #4

- Cage Work
- Overhand toss at 40 feet
- 2 sets of 12 swings w/ baseballs (split with jack-its(6) and regular(6))

*Bunting station with the batting cage (sets of 5)

FEBRUARY

*Open Gyms (Wednesdays from 7:00 – 9:30 PM at OJHS)

Stretch

Core Workout

Choose partner

Station #1

- T-Work, drop toss, bounce toss, or weight ball (overload)
- 2 sets of 12 swings (split with jack-its (6) and regular(6))

Station #2

- Soft toss
- 3 sets of 12 swings w/ baseballs (split with jack-its (6) and regular (6))

Station #3

- Short toss
- 3 sets of 12 swings w/ light flights (split with jack-its(6) and regular(6))

Station #4

- Live Hitting
- 3 or 4 at bats striving for quality at bats

*Bunting station with the batting cage (sets of 5)

MARCH

**Open Gyms (Wednesdays from 7:00 – 9:30 PM at OJHS)

Stretch

Core Workout

Choose partner

Station #1

- T-Work, drop toss, bounce toss, or weight ball (overload)
- 2 sets of 12 swings (split with jack-its (6) and regular(6))

Station #2

- Soft toss
- 3 sets of 12 swings w/ baseballs (split with jack-its (6) and regular (6))

Station #3

- Short toss
- 3 sets of 12 swings w/ light flights (split with jack-its(6) and regular(6))

Station #4

- Live Hitting
- 3 or 4 at bats striving for quality at bats

*Bunting station with the batting cage (sets of 5)