

DACULA SOFTBALL SUMMER CONDITIONING PROGRAM

3 DAYS A WEEK

30-45 Minute Workout

Example: Monday, Wednesday, Friday

Tuesday, Thursday, Saturday

Mondays

- 20 Minute Walk/Jog/Sprint
 - Jog 1 minute
 - Sprint 20 Seconds
 - Walk 40 Seconds
 - Repeat 10 Minutes
- Body Weight Workout

Wednesday

- Speed Workout
- Speed Explosion
- Body Weight Workout

Friday

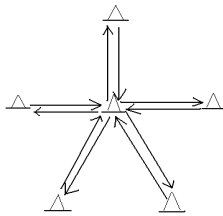
- Run/Lift
 - 5 minute jog, 3 sets of 12 pushups
 - 5 minute jog, 3 sets of 15 body squats
 - 5 minute jog, 3 sets of 20 walking lunges
 - 5 minute jog, 3 sets of 12 dips
 - 5 minute jog
- Shuffle Star & Box Drill (3 Times Each)

"I've worked too hard and too long to let anything stand in the way of my goals. I will not let my teammates down and I will not let myself down." *Mia Hamm*

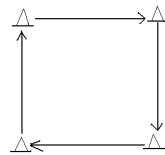


- Body Weight Workout (without weight)
 - Push Ups (6 sets of 10)
 - Dips (6 sets of 10)
 - Body Squats (6 sets of 10)
 - Lunges (4 sets of 10)
 - Core Workout (Abs, crunches, oblique's, etc) Remember your CORE is involved in every aspect of the game. WORK HARD! You will notice an improvement in your hitting, fielding, running
- Weights (5-10 lb dumb bells) if you have access
 - DB Bench Press
 - DB Chest Flies
 - DB Triceps Extensions
 - DB Bicep Curls
 - DB Row
 - DB Shoulder Raises (Front, Side, Back)
 - DB Walking Lunges
 - DB Squats
- **Shuffle Star:** Six cones set up in a star shape. Starting at the center cone, you either sprint, shuffle, or back pedal to each outside cone and back, going to each cone
 - 3 times going around to your right, 3 going around to the left
- **Box Drill:** Four cones set up in a box formation. Depending on the drill, you either sprint, shuffle, or back pedal from cone to cone.
 - Sprint/Shuffle/Back pedal/shuffle 2 times
 - Sprint/Sprint/Back Pedal/Sprint
 - Starting twice on each side of the box

Shuffle Star



Box Drill



SPEED/EXPLOSION!!!!

Ply metrics – Work on explosion and quick feet

20 Yard Distance

- High Knees (2 Times)
- Butt Kicks (2 Times)
- Power Skips (Cherry Pickers) (2 Times)
- Tin Man (Stretching hamstrings) (2 Times)
- Bounding (Long Strides) (2 Times)
- Long Jumps (2 feet takeoff, jump out as far as possible) (1 Time)
- Squat jumps (Feet shoulder-width apart squat down / Butt is parallel with your knees) FAST AND EXPLODE (1 Time)
- Tuck Jumps (Bring knees to chest while jumping) (1 Time)
- Explosive Leads (Lead off position) (10 Times)

Quick feet:

- Jump Rope (30 seconds each)
 - One foot (each foot)
 - Both feet
 - Alternating feet
 - Jog in place
 - Fast
- Line Jumps (30 Seconds)