

NORTH COAST REGIONAL SOFTBALL ACADEMY

Fitter - Faster - Stronger - Smarter

2009 North Coast Regional Softball Academy Training and Conditioning Program

Introduction

We have made every effort to make this training and conditioning program as simple to understand as possible.

It must be stressed that if you are already involved in a state training and conditioning program or another sport you need not try and include this entire training program into your present schedule. Just ensure your level of fitness and conditioning is up to the level described in this document. **You should not double your work load to include this program if you have an existing training program.**

If at any stage of the program, you have any questions pertaining to the program please contact your district association coach or Stephen Wagner.

This program has been separated into six sections:

- Dynamic Warm up
- Flexibility program,
- Throwing program,
- Conditioning Work,
- Agility Work and
- Skills Work.

Please review each section before commencing the program.

Overview

The physical requirement of elite athletes today continues to climb at an astounding rate. And as such, the preparation that is required to be able to compete against today's bigger, stronger and faster athletes is of vital performance. This program is designed to take you to a new level not just physically, but mentally as well. There is a key word we want you to remember as you fight your way through this program, and that word is:

CHALLENGE

*This program will challenge your physical ability
This program will challenge your mental strength
This program will challenge your commitment to yourself
This program will challenge your commitment to your team-mates
But above all, this program will challenge you to be the best*

There is a lot to cover over the program. During this time we will be covering flexibility, endurance, sprint recovery, agility, skills and many other facets that lead to elite performance. All these attributes require completion of all programs to be fully effective, and as such, avoid the temptation of skipping what you may see as 'insignificant' components of the program.

Success as a team requires the complete commitment of all those involved. Avoid the temptation of the easy option. Accept the challenge and see what you can achieve. Good luck to you all and enjoy the process.

**“The fight is won or lost far away from witnesses, behind the lines, in the gym, and out there on the road, long before I dance under those lights.”
- Muhammad Ali**

Dynamic Warm Up

It is suggested that you select 3-4 exercises from each of the sections below depending on your time allocations for warm up. A variety of routines can be devised to add variety to the program and to keep the interest of the athlete. You should do a dynamic warm up before each session and cool down and stretch after each session.

GETTING STARTED

- Run
- Run backwards with shoulder rotations
- Skipping & Shoulder flexion
- Sidestepping & Shoulder rotations both sides
- Walking forward rotating hips out to in
- Walking backwards rotating hips in to out
- Run & touch the ground each side
- High Knees
- Butt Kicks
- Carioca both sides
- Sidestepping touching the ground each side

STRETCH

- Groin lunges front x 5 each
- Groin lunges side x 5 each
- Leg Swings Facing each other
- Leg Swings Facing away
- Quads x 5 each
- ½ Pushups x 10
- Standing upper body rotations (Pecs and spine)
- **Self stretching 2 minutes**

SPRINTING PREPARATION

- 20m 60% X1 Walk to recover
- 20m 75% X1 Walk to recover
- 20m 95% X1 Walk to recover
- Forward 10m back 2m 1X20m Jog to recover
- Forward 5m back 2m 1X20m Jog to recover
- Face side on & sprint 1X20m each side Walk to recover
- 20m sprint X2 max acceleration walk to recover

Flexibility Program

Overview

The primary objective of a flexibility program is to improve movement efficiency. This is done by balancing range of motion between opposing muscle groups while trying to increase the range in which force can be applied through those muscle groups.

Movement efficiency is basically the ability to conduct a movement with the least amount of energy expenditure possible. This is very important to remember because as our movements become more efficient, we become more resistant to fatigue, we can recover more quickly, we will be less susceptible to injury and will have the potential to apply more force through working muscles.

There are several programs in which you will need to complete over the course of this program. Each one targets areas that are prone to tightness relative to the phase of conditioning or competition that we are currently in. Try to think of your stretching sessions as a recovery.

Each stretch within the program should be held for 15 to 20 deep breaths. This will be about 1 to 1 ½ minutes per stretch. The longer you can hold the positions at end range, the better. Try to get into the habit of counting breaths rather than time. Counting breaths causes you to focus on your breathing patterns which will allow you to reduce tension throughout your body. Once tension is released, muscles relax and we can produce a more effective stretch.

Flexibility Program 1.

- Hold all stretches for 20 breaths
- Make sure your breathing is slow and rhythmical
- On each exhale, increase stretch
- Work through different ranges to identify tight areas
- Relax and enjoy

2 Phase Calf

- Find a 45 degree incline at floor level
- Lay flat on your back
- Place buttocks at bottom of incline keeping hips square
- Use arms to bring body forward keeping your leg straight
- 2nd phase repeat with knee bent

2 Phase Hamstring

- Lay flat on your back
- Keep non stretching leg flat on the ground
- Use a towel or belt round the heel of your foot to lever leg up
- First phase keep your leg straight
- Second phase, bring your knee towards your chest, then use the belt or towel to straighten your leg
- Avoid and rotation through hips or back

Hip Flexor

- Stand in a medium lunge position
- Turn tail bone down and under your pelvis (posterior pelvic tilt)
- Keep hips square with belly button facing forwards
- Take bottom knee down towards the ground
- Use a chair if needed to support weight

Kneeling Hamstring

- Kneel on back knee
- Extend and straighten front leg while balancing on heel
- Keep back tall and straight
- Square hips so belly button is facing forwards
- Flex at the hips while keeping your back straight

Pec Rotation

- Lay face down on the ground
- Raise arm to a 45 degree angle
- Turn hand so your palm is facing the ground
- Bring opposite leg over body to commence rotation
- Use free arm to control the depth of the stretch

Supine TFL

- Lay on your back
- Turn leg over so your foot is away from the midline of your body
- Place opposite foot on top of your knee and apply pressure down on knee
- Try to keep hips down on the floor
- To increase stretch, move knee of stretch leg away from the midline of your body

QL

- Sit side on up against wall
- Extend leg along wall
- Bring other foot towards groin
- Grab the inside foot of your extended leg with the closest hand
- With free arm, rotate back towards the wall, then over your head
- Use a belt or towel around your extended leg to lever yourself into a greater side bend
- Keep shoulders against the wall
- To increase stretch, insure bent leg is straight

Seated Rotation

- Sit tall in a seat with knees and hips together
- Extend both arms out at full length
- Rotate and flex body so one arm is on the opposite side of your knees and the other is reaching up towards the sky
- Use your arm against your leg to lever your body into a greater range of rotation

Conditioning

Overview

Speed is intimidating. The ability to pressure the infielders on a groundball, the ability to pressure the outfielders in turning a double into a triple, the ability to steal and take extra bases, the ability to cut off a ball in the gap on defence to the ability to cover more ground in the hole at short. These are all factors in your game that can positively be influenced by speed. The design of this conditioning program has speed and agility in mind.

To be able to get through the sprint sessions that occur later in the preparation program, we need to build up a solid base first. This can tend to be a monotonous stage of the program, but its application to the game is huge. You shouldn't pull up too sore from the conditioning, but you will pull up tight. This is the main reason why you should schedule the flexibility sessions at the same time as the conditioning program.

Try and stick to the rest periods where prescribed. It will feel like you won't have the opportunity to recover between movements, but this is exactly the type of overload that is required. This will encourage your body to adapt to the new workloads which will lead to a greater training capacity, which ultimately will lead to greater performance on the field. Each stage needs to be completed over a week period or should be completed twice if carried out over a longer period. (Should be completed over no longer than a three week period)

Conditioning Program 1.

Run on grass where possible

Stage 1.

Session 1.

Jog 2 min
Hard run 15 sec
Repeat 8 times

Session 2.

4km run
@ 6 min per km

Stage 2.

Session 3.

Sprint 100m
Jog 100m
Walk 100m } X5
Take 2 min off
Then repeat X2

Session 4.

4km run
1st km less than 5 min
2nd km less than 8 min
3rd km less than 6 min
4th km less than 7 min

Stage 3.**Session 5.**

Jog 2 min
Hard run 15 sec
Repeat 10 times

Stage 4.**Session 7.**

2 km time trials
1st trial in less than 9 min
2nd trial in less than 10 min
Recover between sets until HR
Is less than 120bpm

Stage 5.**Session 1.**

Sprints
4 X 100m, Walk recovery
3 X 200m, Walk recovery
2 X 300m, Walk recovery
2 X 400m, Walk recovery

Stage 6.**Session 3.**

Sprints
2 X 50m, Walk recovery
2 X 100m, Walk recovery
1 X 300m, Walk recovery
1 X 400m Walk recovery

Session 6.

4 km run
@ 5 min per km

Session 8.

Bike session
If possible use a stationary bike
30 sec slow, 30 sec hard X3
1 min recovery
20 sec slow, 20 sec hard X6
1 min recovery
30 sec slow, 10 sec hard X 6
Repeat twice

Session 2.

Jog 3 min
Hard 15 sec
Repeat 8 times

Session 4.

Hard 200m
Jog 200m
Walk 100m
Repeat 4 times

Stage 7.**Session 5.**

Sprint 100m in less than 25 sec
Recover for 35 sec, repeat 3 times
Take 5 min off then repeat again

Stage 8.**Session 7.**

4 X 100m, Walk recovery
3 X 200m, Walk recovery
2 X 300m, Walk recovery
1 X 400m, Walk recovery

Stage 9.**Session 9.**

Sprint 100m in less than 23 sec
Recover for 37 sec, repeat 4 times

Session 6.

4 km run
1st km less than 4 min
2nd km less than 5 min
3rd km less than 4 min
4th km less than 5 min

Session 8.

2 km Time trials
1st trial less than 7 ½ min
2nd trial less than 8 ½ min
Recover between sets until HR
is less than 120bpm
Repeat

Session 10.

Bike session
If possible use a stationary
30 sec slow, 30 sec hard X 5
1 min recovery
20 sec slow, 20 sec hard X 8
1 min recovery
30 sec slow, 10 sec hard X 8
Repeat twice

Agility Programs

You should combine your skill sessions with agility.

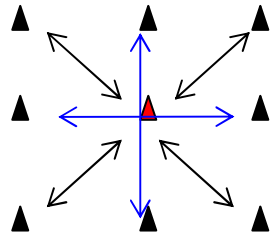
AGILITY PROGRAM A

1). **Backpedal Running - 5 x 20mt with 30sec rest**
Running Backwards as Quickly as Possible

2). **Skipping - 5 x 100skips with 1min rest between**

3). **8 Point Shuffles - 6 times on 1 minute**

Set up 8 Cones forming a square; each cone 2 metres apart (square is therefore 4 square metres). Place 1 cone in the centre of the square to act as the starting and finishing cone. Shuffle forward and backward to each diagonal cone, returning to the middle cone each time; then shuffle sideways, forwards and backwards to each parallel/perpendicular cone, returning to the middle cone each time. Wear your glove and touch each cone with your glove before proceeding to the next cone. Your rest time = 60 seconds less the time it takes to run the course. Repeat 3 times



AGILITY PROGRAM B

1). **Square Drill F-S-B-S-S-F-S-B - 5 times with 30sec rest between each**

4 Cones form a square 10 metres apart. Start at any cone, sprint forward to next cone, low side shuffles to next cone, back pedal to next cone, low side shuffles to where you started from, side shuffles back to where you just came from, forwards, side shuffles and back pedal to original starting position. Rest for 30 seconds and repeat. 3 Times total

2). **Skipping - 3 x 100skips with 1min rest between**

3). Seated Rundown 3 Sets x 30seconds (with 30 seconds rest)

Take a seated position, legs straight and your toes facing up towards the sky. Stay stationary with your legs and start moving your arms as if you are sprinting. Pump your arms as fast as you can for 30 seconds. Builds proper speed technique. Even though you are not moving your legs, make sure you're pushing out your heels. Keep your back tall the whole time you are pumping your arms, with your shoulder blades back and in.

Throwing Program

The progressive throwing program should be completed in five stages during pre training warm-ups.
The throwing program should be included within the skill sessions

Athletes need to gradually build their arm strength up to a level where they can adequately handle a full 12 minute throwing routine as provided below.

In order for athletes to gradually build up their arm strength they need to breakdown the recommended throwing routine below into five stages.

Using the throwing routine below the five stages are as followings:

Stage 1 – 5 minute throwing routine progressing to segment 3

Stage 2 – 7 minute throwing routine progressing to segment 4

Stage 3 – 9 minute throwing routine progressing to segment 4

Stage 4 – 12 minute throwing routine progressing to Long Toss

Stage 5 – Full throwing routine segments 1-4 (12mins.) plus Long Toss 5 -7 minutes.

The throwing routine is broken up into 4 segments over a 12-minute period.

1	First 3 minutes	30 feet apart and work on full range of motion
2.	2 nd 3 minutes	45 feet apart and work toward a strong throw to a target
3	3 rd 3 minutes	60 feet apart and continue the full range of motion with a smooth delivery and complete follow through
4	4 th 3 minutes	90 feet apart depending on the time of season
5	LongToss	To build arm strength long toss can now be performed for 5-7 minutes over a distance of 120-150 feet The main emphasis is on gaining extension of the arm it the throw with good carry on the ball. A slight ark in the throw is preferable once the distance is extended to around 150 feet

Skills Programs

Infielders

Infielders should be fielding loads of ground balls per week. Fielding should be second nature to you, which includes pitchers and catchers.

- 100 to 200 per week
- and increase to
- 300 to 400 per week

Outfielders

Outfielders need to be fielding loads of fly balls and ground balls per week.

- 100 to 200 per week
- and increase to
- 300 to 400 per week for the month of June

1st Base

Ground balls hit straight at you -- hit reasonably hard
Ground balls hit 1 to 2 steps to your RIGHT – hit reasonably hard
Ground balls hit sharply to your LEFT
Fielding bunt plays and playing 1st -- playing the safe out
Fielding bunt plays and playing 2nd -- playing the lead runner
Fielding bunt plays and playing 3rd -- tie break situation
Fielding bunt play and playing home – squeeze play
Fielding fly balls in foul territory

2nd Base

Ground balls hit straight at you -- hit reasonably hard
Ground balls hit 1 to 2 steps to your RIGHT – hit reasonably hard
Ground balls hit 1 to 2 steps to your LEFT – hit reasonably hard
Ground balls hit in the hole far enough to make you dive
Ground balls hit up the middle, turn and play 1st
Ground balls hit up the middle and play 2nd
Practice your footwork for double play balls
Fielding fly balls behind 1st & shallow right field



3rd Base

Ground balls hit straight at you -- hit reasonably hard
Ground balls hit 1 to 2 steps to your LEFT – hit reasonably hard
Ground balls hit sharply to you RIGHT
Ground balls hit in the hole far enough to make you dive
Fielding bunt plays and playing 1st -- playing the safe out
Fielding bunt plays and playing 2nd -- playing the lead runner
Fielding bunt plays and playing 3rd -- tie break situation
Fielding bunt play and playing home – squeeze play
Fielding balls on the run with bare hand to 1st & home with backhand

Short Stop

Ground balls hit straight at you -- hit reasonably hard
Ground balls hit 1 to 2 steps to your RIGHT – hit reasonably hard
Ground balls hit 1 to 2 steps to your LEFT – hit reasonably hard
Ground balls hit in the hole far enough to make you dive
Ground balls hit up the middle, turn and play 1st
Ground balls hit up the middle and play 2nd
Practice your footwork for double play balls
Fielding fly balls behind 3rd & shallow left field

Pitcher

Ground balls hit straight at you -- hit reasonably hard
Line drive hit straight at you – hit reasonably hard
Ground balls hit 1 to 2 steps to your RIGHT – hit reasonably hard
Ground balls hit 1 to 2 steps to your LEFT – hit reasonably hard
Fielding bunt plays and playing 1st -- playing the safe out
Fielding bunt plays and playing 2nd -- playing the lead runner
Fielding bunt plays and playing 3rd -- tie break situation
Fielding bunt play and playing home – squeeze play
Practice your backing up responsibilities



Catcher

Fielding bunt plays and playing 1st -- playing the safe out
Fielding bunt plays and playing 2nd -- playing the lead runner
Fielding bunt plays and playing 3rd -- tie break situation
Pick off plays to 1st, 2nd & 3rd
Throw overs to 2nd for straight steals – have a runner for this drill
Fielding of pass balls and throwing back to home
Fielding fly balls to you left, right and behind you
Blocking wild pitchers – have a player throw them at you

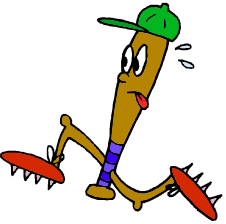



Outfield (Left, Centre & Right)

Fielding fly balls hit straight to you
Fielding fly balls to your LEFT -- 10 steps
Fielding fly balls to you RIGHT – 10 steps
Fielding line drives hit straight to you
Playing the fence
Fielding ground balls hit straight to you and playing 2nd
Fielding ground balls hit straight to you and playing 3rd
Fielding ground balls hit straight to you and playing home
Fielding fly balls to your LEFT just far enough away to make you dive
Fielding fly balls over your head with the **quick** step footwork




HITTING PROGRAM

Stage	METHOD	VOLUME	INTENSITY	COMMENTS	COMPLETED Y/N	
	Tee/Stand	50 x I/S Low	Medium	Hit thru ball and keep nose down during and after contact.		
		50 x I/S High				
		50 x O/S Low				
		50 x O/S High				
	Tee/Stand	50 x I/S Low	High	Make sure that front shoulder remains pointed to pitchers plate.		
		50 x I/S High				
		50 x O/S Low				
		50 x O/S High				
	Machine or/and pop-ups	50 x Inside	Medium	Hit Line Drives with good extension		
		50 x Outside				
		50 x Line Drives				
		Machine or/and pop-ups	50 x Inside	High	Hit Line Drives with good extension	
50 x Outside						
50 x Line Drives						
Toss from Behind and Machine		50 Toss Hits	Medium	Sac. Bunts to be directed to pitchers. Push Bunts must be directed to pivots. On Toss Drill the ball must be thrown fast.		
		25 Sac. Bunts		Good Fake and bend the knees		
		25 Running Bunts				
		25 Slaps				
		25 Two Strike Adjustments				
		*10 Right Side Hits		(Girls program as set out by Paula)		
		25 Hits		Include Scenario Hitting (Bottom 7, 2 out, runner on 2; runner on 3 one out; tiebreaker etc)		
		Toss from Behind and Machine	50 Toss Hits	High	Sac. Bunts to be directed to pitchers. Push Bunts must be directed to pivots. On Toss Drill the ball must be thrown fast.	
			25 Sac. Bunts			
	25 Running Bunts					
	25 Slaps					
	25 Two Strike Adjustments					
	*10 Right Side Hits		(Girls program as set out by Paula)			
	25 Hits		Include Scenario Hitting (Bottom 7, 2 out, runner on 2; runner on 3 one out; tiebreaker etc)			

Stages	METHOD	VOLUME	INTENSITY	COMMENTS	COMPLETED Y/N
	Machine or Live Pitching	50 Toss Hits	High		
		25 Sac. Bunts		Sac. Bunts to be directed to pitchers.	
		25 Running Bunts		Push Bunts must be directed to pivots	
		25 Slaps		Practice some Fake slaps and bend the knees	
		25 Two Strike Adjustments			
		*10 Right Side Hits		(Girls program as set out by Paula)	
		25 Hits		Include Scenario Hitting (Bottom 7, 2 out, runner on 2; runner on 3 one out; tiebreaker etc)	
	Pop-Ups	25 Different Areas	Medium	Toss must be fast.	
	Toss Behind Hitter	25 Low 25 High		No bat swing at balls	
	Tracking	25 High 25 Low		Tracking Drills success rate must be high	
	Pop-Ups	25 Different Areas	High	Toss must be fast	
	Toss Behind Hitter	25 Low 25 High		Hit strikes only – be disciplined	
	Tracking	25 High 25 Low			
	5	Machine or Live Pitching	25 Sac. Bunts	High	Sac. Bunts to be directed to pitchers.
	25 Running Bunts		Push Bunts must be directed to pivots.		
	25 Slaps		Good Fake and bend the knees		
	25 Two Strike Adjustments		Include Scenario Hitting		
	*10 Right Side Hits		(Girls program as set out by Paula)		
	25 Hits	Include Scenario Hitting			
	Pop-Ups	25 Different Areas	High	Tracking Drills success rate must be high	
	Toss Behind	25 Low 25 High		After strikes only	
	Tracking	25 High 25 Low			
	Machine or Live Pitching	25 Sac. Bunts	High	Sac. Bunts to be directed to pitchers.	
		25 Running Bunts		Push Bunts must be directed to pivots.	
		25 Slaps		Good Fake and bend the knees	
		25 Two Strike Adjustments		Choose your preference	
		*10 Right Side Hits		(Girls program as set out by Paula)	
		25 Hits		Include Scenario Hitting	

Stage	METHOD	VOLUME	INTENSITY	COMMENTS	COMPLETED Y/N	
6	Machine or Live Pitching	30 Sac. Bunts	High	Move pitchers closer to home plate.		
		30 Running Bunts				
		30 Slaps		Good Fake and bend the knees		
		30 Two Strike Adjustments				
		*10 Right Side Hits		(Girls program as set out by Paula)		
		30 Hits				
	Machine or Live Pitching	30 Sac. Bunts	High	Move pitchers closer to home plate.		
		30 /Running Bunts				
		30 Slaps		Good Fake and bend the knees		
		30 Two Strike Adjustments				
		*10 Right Side Hits		(Girls program as set out by Paula)		
		30 Hits		Include Scenario Hitting		
	Machine or Live Pitching	30 Sac. Bunts	High	Move pitchers closer to home plate.		
		30 Running Bunts		Variation between hard and short stop slaps		
		30 Slaps		Good Fake and bend the knees		
		30 Two Strike Adjustments				
		*10 Right Side Hits		(Girls program as set out by Paula)		
		30 Hits		Include Scenario Hitting		
7	Machine or Live Pitching	35 Sac. Bunts	High	Move pitchers closer to home plate.		
		35 Running Bunts		Variation between hard and short stop slaps		
		35 Slaps		Good Fake and bend the knees		
		35 Two Strike Adjustments				
		*15 Right Side Hits		(Girls program as set out by Paula)		
		35 Hits		Include Scenario Hitting		
	Machine or Live Pitching	35 Sac. Bunts	High	Move pitchers/machine closer to home plate.		
		35 Running Bunts		Variation between hard and short stop slaps		
		35 Slaps		Good Fake and bend the knees		
		35 Two Strike Adjustments				
		*15 Right Side Hits		(Girls program as set out by Paula)		
		35 Hits		Include Scenario Hitting		
	8	Machine or Live Pitching	35 Sac. Bunts	High	Move pitchers/machine closer to home plate	
			35 Running Bunts			
			35 Slaps		Variation between hard and short stop slaps	
			35 Two Strike Adjustments			
			*15 Right Side Hits		(Girls program as set out by Paula)	
			35 Hits		Include Scenario Hitting	



Stage	METHOD	VOLUME	INTENSITY	COMMENTS	COMPLETED Y/N
9					
	Machine or Live Pitching	Areas you believe that you need to work on	High	Move pitchers/machine closer to home plate.	
	Machine or Live Pitching	Areas you believe that you need to work on	High	Move pitchers/machine closer to home plate.	

