



2017 Santa Clara Broncos

Pitching Staff Winter Manual

Monday November 28th, 2016

Day 1:

Mental

“To live is the rarest thing in the world. Most people exist, that is all.”

-- Oscar Wilde

Goal: Decide who you want to be.

Must Watch: <https://www.youtube.com/watch?v=iIiAAhUeR6Y>

Spend 15 mins: Doing dry windups both stretch and full in the mirror. Take note of what you see.

Must review your pitching book. Let your eyes glance over everything in the book.

Journal—Please write an email to Coach Ribas with specific detail about what you are trying to accomplish over break. Mentally, emotionally, physically. Please speak directly to what mechanical adjustments you need to make, how you plan to do that, and what you are trying to do to refine your command, repeatability, and explosiveness of every pitch.

Physical

Pitchers warm up—J Bands and recovery day **warm-up** only,

Dry winds and power drive,

Frisbee throws—20 with regular ball, 20 with weighted ball—Both arms

Throwing: None

Arms: Only what is required above

Abs: Use the rebel racks in the cages for twists and inverted C—20 each direction

Run: See Zac's Program

Lift: On Zac's program

Notes to self:

Tuesday November 29th, 2016

Day 2:

Mental

"You gotta be a man to play baseball for a living, but you gotta have a lot of little boy in you, too." ~Roy Campanella

Goal: Read all of the pitching manual. Understand what I am asking you to become.—Email any questions to Coach Ribas

Must Watch: https://www.youtube.com/watch?v=-_h0iG4_oJk (Sorry about the overly religious theme, but it's a great message).

Spend 15 mins: Thinking about your baseball journey. Where have you come where have you gone because of baseball. If you are moved to write about it-- do so.

Study for finals.

Physical

Throwing: J-Band routine only

Arms: Nothing

Abs: 200 abs

Lift and Run: Refer to Zac's program

Notes to self:

Wednesday November 30th, 2016

Day 3:

Mental

“It had long since come to my attention that people of accomplishment rarely sat back and let things happen to them. They went out and happened to things.”

– Leonardo da Vinci

Goal: Find out how determined you are going to be.

Must Watch:

https://www.youtube.com/watch?v=XFnGhrC_3Gs&feature=relmfu

Spend 15 mins: Practicing some form of visualization or meditation—Deep breathing, relaxation or guided imagery. Set a timer. Discipline your mind.

Journal about your experience above.

Physical

Warm up—Recovery program – warm up only

Throwing: 50 dry winds in mirror

Arms: 6 backs

Abs: AMRAP in 2 mins x 2. 30 windshield wipers

Run and lift: Refer to Zac’s program

Notes to self:

Thursday December 1, 2016

Day 4:

Mental

"There is no passion to be found playing small - in settling for a life that is less than the one you are capable of living." --Nelson Mandela

Goal: Love being a Bronco.

Must Watch:

<https://www.youtube.com/watch?v=dP7t8HU4axk>

Spend 15 mins: on www.sporcle.com-- Find Coach Ribas and challenge him to a quiz

Make sure you are where you need to be with all studies and projects.

Physical

Throwing: None

Arms: None

Abs: None

Run and Lift: Refer to Zac's program

Notes to self:

Friday December 2, 2016

Day 5:

Mental

“Judge your success by what you had to give up in order to get it.”
— Dalai Lama XIV

Goal: Eat well. Sleep well. Study well

Must Watch:

https://www.youtube.com/watch?v=26U_seo0a1g&list=PLYzEWmEmHyL-8LfXf5PkTzFiIggMWrDZD

Spend 15 mins: on the phone thanking your parents for all they do for you.

Physical

Pitchers warm up—Recovery warm-up only.

Throwing: 30 Throws with the Football.- no more than 30 yards. 50 dry windups in the mirror.

Arms: J-Bands

Abs: Mountain climber series x 2 (normal, spiderman, diagonal, cross, wide)

Run and Lift: Refer to Zac’s program.

Notes to self:

Saturday December 3, 2016

Day 6:

Mental

"I've learned from experience that if you work harder at it, and apply more energy and time to it, and more consistency, you get a better result. It comes from the work."-- Louis C.K.

Goal: Review our 5 keys to managing the running game.

Must Watch:

<http://www.youtube.com/watch?v=a3wX8nmvIZ0>

Spend 15 mins: Journal about what you appreciate most about Santa Clara Baseball specifically.

Physical

Throwing: 30 Football throws. 20x Frisbee throw both arms regular ball. 20 x Frisbee throw both arms weighted ball

Arms: Post throwing recovery protocol

Abs: 20 med ball slams. 20 Russian twist w/med ball. 20 Keg toss with med ball (rest between rep—get huge tosses)

Run and Lift: Refer to Zac's Program

Notes to self:

Sunday December 4, 2016

Day 7:

Mental

"I hate the idea that, when it comes to books and learning, HARD is often seen as the opposite of FUN. It's strange to me that we should be so quick to give up on a book or a math problem when we are so willing to grapple, for centuries if necessary, with a single level of Angry Birds."-- John Green

Goal: Write down some goals for finals week. Determine the grades you want to get.

Must Watch: http://www.youtube.com/watch?v=59fL6ej_B-I

Spend 15 mins: Thinking about how to utilize the navy seals definition of toughness. Set short term goals, visualize a positive outcome, communicate positively to others, step back take a breath to see the big picture, act.

Study for finals like you are going to dominate all finals

Physical

Throwing: None

Arms: None

Abs: 80 Total rep with rebel racks in the cage--

Run: 500 jumps on the jump rope. 15 min jog.

Lift: Refer to Zac's program

Notes to self:

Monday December 5, 2016

Day 8: Day 1 of Finals

Mental

"Always remember there was nothing worth sharing like the love that let us share our name."-- The Avett Brothers *Murdered in the City*

Goal:

Must Watch: https://www.youtube.com/watch?v=EMrtIXPF_fo

Spend 15 mins: Writing 3 Christmas Cards. Do it in complete silence.

Physical

Warm up.

Pitchers Driveline warm up—Hybrid Day

Throwing:

1st year players—Drills out to 70 feet—30 throws at 70 ft. FB/CHG only

Vets-- 60 Dry winds in the mirror. 20 Frisbee toss both arms regular ball, 20 Frisbee tosses both arms weighted ball

Arms: J-band program only after finished

Abs: 3 min shredder. 2 min plank

Run: See Zac's Program

Lift: See Zac's program

Notes to self:

Tuesday December 6, 2016

Day 9: Day 2 of Finals

Mental

“Feel the fear, then do it anyway.”-- Maori saying

Goal: Review any notes from one on one meetings.

Must Watch:

<https://www.youtube.com/watch?v=qaeFnxSfSC4>

Spend 15 mins: Practicing a guided imagery. Find a quiet place to do it.

Physical

Throwing: J-Bands only

Arms: 6 backs

Abs: None

Run: See Zac's Program

Lift: See Zac's Program

Notes to self:



Wednesday December 7, 2016

Day 10: Day 3 of Finals

Mental

"One half of knowing what you want is knowing what you must give up before you get it." ~Sidney Howard

Goal: Have a strength or conditioning break through-- text Coach Ribas about what it was (ie- had a new max on front squat... Gained 5 lbs.. Ran my fastest mile time ever... etc).

Must Watch: <https://www.youtube.com/watch?v=JdnWmKnUcWg> (No need to watch the full thing at once... but it's worth it.

Spend 15 mins: Writing down and reviewing our 5 keys to managing the running game.

Text Ribas how things are going for you right now

Physical

Driveline recovery warm-up

Throwing:

1st year— Drills, and warm up to 90 ft. 30 throws from 90 feet break down—20 throws FB/CHG - firm from 60'

Vets-- None

Arms: Recovery program

Abs: Pick 200

Run and lift: See Zac's Program

Notes to self:

Thursday December 8, 2016

Day 11:

Mental

“If you're confused about what to do, it's a sign that your enemy is winning.” ~Toba Beta

Goal: Perform a great lift

Must Watch:

Mechanics PowerPoint from Coach Ribas. If you do not have it, you must email Coach Ribas and he will send it on to you.

Spend 15 mins: Figure out who is the greatest pitcher ever to play the game and have evidence to support why you feel he is the best. Text Coach Ribas your choice.

Physical

Throwing: 30 football throws-- no farther than 70'

Arms: 6 backs

Abs: 100 straight full sit ups. 30 Russian twists. 2 min plank

Lift and Run: Refer to Zac's Program

Notes to self:

Friday December 9, 2016

Day 12: Mental

“The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking.”

– [Albert Einstein](#)

Goal: Take some time thinking about your chip and what it means to you. What do you have to do to earn your red chip. What do you need to do to be ready to go all in?

Must Watch: <https://www.youtube.com/watch?v=Zy8egl2ZIMM>

Spend 15 mins: Practicing relaxation. Set an alarm for 15 mins—find a quiet place and get fully relaxed. This cannot be right before bed or right when you wake up.

Physical

Driveline Hybrid Warm up for all

Throwing:

1st year players-- Stretch back to 120 feet for 10 throws. Bring it back to 90 for 10 throws. Bring it back to 60 for 10 throws FB/CHG.

Do your skill drills with FB only x4 throws each drill.

Vets: No throw—just driveline hybrid day

Arms: Recovery routine

Abs: 50 reps of resistance band in the cages

Lift and Run: Refer to Zac's program

Notes to self:

Saturday December 10, 2016

Day 13:

Mental

“Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great.”

– [Mark Twain](#)

Goal: Enjoy being at home.

Must Watch: <https://www.youtube.com/watch?v=6k57yPfh1c4>

Spend 15 mins: Watching mechanics in mirror. Think about how to be quicker out of the stretch-- work on timing of slide step, knee to knee.

Physical

Arms: None

Abs: 3 min ab shredder

Run:(Broad jump 20 yards, sprint 30 yards, 10 push ups) x 6-full recovery between

Lift: Refer to Zac's program

Notes to self:

Sunday December 11, 2016

Day 14:

Mental

“But you might as well bid a man struggling in the water, rest within arm's length of the shore! I must reach it first, and then I'll rest.”

– [Emily Brontë](#), *Wuthering Heights*

Goal: Think about how great you can be.

Must Watch: <http://www.cbsnews.com/videos/bruno-mars/>

Spend 15 mins: Working on pick off foot-work.

Physical

Throwing: None

Arms: J-band routine

Abs: No

Run: 15 min bike-- nice and easy. Get a good activate and stretch pre and post ride.

Lift: Refer to Zac's program

Notes to self:

Monday December 12, 2016

Day 15:

Mental

“Don't wish it were easier. Wish you were better.”

– [Jim Rohn](#)

Goal: Feel good getting going!

Must Watch:

https://www.youtube.com/watch?v=xSth007n_vw

http://m.mlb.com/video/v34128403/stllad-waino-on-changes-to-his-pitching-approach/?c_id=mlb

Spend 15 mins: After throwing watching your own video from the fall.

Physical

Warm up

As much as you can of the Driveline Recovery warm-up

Throwing:

1st year—Lead up drills—work back to 90' x 30 throws.

Skill Drills

20 p flat ground all FB

5 picks to 1B

Vets—Lead up drills—Work back to 60' x 30 throws, skill drills x 4 each FB only

Arms: J-bands or 6 backs

Abs: Med ball abs

Run: 1:22 around the field—rest. x 5

Lift: Refer to Zac's program

Notes to self:

Tuesday December 13, 2016
Day 16:

Mental

"Anyone can hide. Facing up to things, working through them, that's what makes you strong."

-- Sarah Dessen

Goal: Keep the arm moving

Must Watch: <https://www.youtube.com/watch?v=luRbVuQNppU>

Spend 15 mins: After throwing on PFP

Physical

Warm up

Pitchers warm up—J-bands. Arm circles. Ballistic throw downs x 10

Throwing—All-- No warm up drills—light catch back to any distance you are comfortable. Nothing else. Today is just to keep the arm moving around. No skill. (Text Coach Ribas the distance you went to).

Arms: 6 backs with very light weight (no more than 3lb db)

Abs: Mountain climber series

Run and Lift: Refer to Zac's program

Notes to self:

Wednesday December 14, 2016

Day 17:

Mental

"Good work habits help develop an internal toughness and a self-confident attitude that will sustain through every adversity and temporary discouragement." -- Paul J. Fleyer

Goal: Understand how you function when you are getting tired.

Must Watch

https://www.youtube.com/watch?v=LG_f1GzmwHo

Spend 15 mins: Working on breathing and visualization. See yourself on your best days.

Text Ribas one word about how your arm is feeling.

Physical

Full body Warm Up
J-Band Series
Arm Circles
Ballistic Throwdowns

Throwing:

1st Year—None

Vets—30 football throws—no farther than 20 yards or where you can keep a good spiral

Arms: None

Abs: 20 med ball slam. 20 Russian twists x 2 sets. 20 keg toss—big tosses

Run: 4 x 100 jump rope bounces. 4 x 30 yard sprint. 2 x 60 yard sprint

Lift: Zac's program

Notes to self:

Thursday December 15, 2016

Day 18:

Mental

Send any quote you like to Coach Ribas via text message

Goal: Review meeting notes and development plan, do not mistake effort for achievement—take real account of where you are at. Write it down in your journal.

Must Watch

<https://www.youtube.com/watch?v=9fkYfB1233M>

Spend 15 mins: Reviewing notes from individual meetings and your goals. Are you coming closer to your goals so far?

Physical

Full body Warm up
J-band series
Arm Circles

Throwing:

1st year players—Lead up drills, Catch back to 90' x 10 throws, back to 120' x 10 throws, back to 150' x 10 throws—work into 90' x 10 burn out throws, Skill drills x 5 each drill (include BB), 30 pitch flat ground FB/CHG(unlimited)/primary BB x 5

Vets—Lead up drills, catch to comfort (no further than 120') x 15 throws. Skill drills x 4 each drill (use FB/CHG). 20 pitch FB/CHG flat ground

Arms: As much recovery protocol as you can do.

Abs: Pick 200

Run: If nothing for Zac—do a 15-20 minute run

Lift: Refer to Zac's Program

Notes to self:

Friday December 16, 2016

Day 19:

Mental

"We need quiet time to examine our lives openly and honestly. . . spending quiet time alone gives your mind an opportunity to renew itself and create order"-- Susan L. Taylor

Goal: Gain peace in you mind.

Must Watch

<https://www.youtube.com/watch?v=Cpc-t-Uwv1I&list=PL70DEC2B0568B5469&index=6>

Spend 15 mins:

After watching the above video—spend time writing about how this applies to your baseball season

Physical

Full body warm up

J-Band Series

Arm Circles

Throwing: 1st year players—Lead up drills—work back to 120' x 20 throws. Push back to 150' x 10 throws. Work in hard—no stop at 90. Go FB/ CHG as you work in to comfort.

Skill Drills x 5 each

30 p flat—FB/CHG/ 7 primary breaking ball.

10 x PFP throws

Vets—Lead up drills, push back as far as you feel good. Work in hard. Skill drills x 4 each (no Breaking Balls yet). 30 p flat ground FB/CHG 10 stretch, 10 full, 10 stretch. 10 pick off throws to 1B and 2B

Arms: 6 backs

Abs: None

Run and Lift: Refer to Zac's Program

Notes to self:

Saturday December 17, 2016

Day 20:

Mental

"If you're bored with life... if you don't get up every morning with a burning desire to do things... you don't have enough goals."-- Lou Holtz

Goal: Rest Hard.

Must Watch

https://www.youtube.com/watch?v=jwq8dfTxm_4

Spend 15 mins: Watching your own mechanics in a mirror. Then your video from the fall—take note on what has changed.

Physical

Throwing: None

Arms: J-Band Series

Abs: 3 min ab shredder

Run: 4 min tabata run (20 seconds on 10 seconds off-- sprint all out)

Lift: See Zac's program

Notes to self:

Sunday December 18, 2016

Day 21:

Mental

"Anything almost right is usually wrong."

"Timid athletes wait for opportunities; aggressive athletes make them."

-- John Wooden

Goal: Be in the moment all day. Work to only focus on the task at hand, not the finish line.

Must Watch

<https://www.youtube.com/watch?v=EMIpS3J27mw>

Spend 15 mins: Read through your journal and then write down what your core values as a baseball player are. There are no wrong answers-- what are your non-negotiable values.—Email Ribas what you come up with. Think of it as your personal statement about how you want to be seen as a pitcher.

Physical

Full Body Warm Up

J-Bands, Arm Circles, and in anything you can think of to warm up your arm

Throw: All—easy catch back to 120'. Bring it back in to 60'. Skill drills x 4 each.
15 throws with primary breaking ball. 8 throws secondary breaking ball.
10 jump moves to 2B

Arms: J-Band series

Abs: Up the mountain. 2 min plank with variations

Run: 5 x 60 yard sprints—full recovery
5 x 30 yard sprints—Full recovery
5 x 10 yard sprints – full recovery

Lift—See Zac's Program

Notes to self:

Monday December 19, 2016

Day 22:

Mental

“Each day you are leading by example. Whether you realize it or not or whether it's positive or negative, you are influencing those around you.”-- Rob Liano

Goal: See everything you do today as getting one step closer to our goals

Must Watch

<https://www.youtube.com/watch?v=Zx8uYlfUvh4>

Spend 15 mins: Thinking about your routines. (Throwing, bullpen, 8 pitch warm up, 5 pitch warm up, in the dugout, pre game). What allows you to develop max focus. Write it down.

Physical

Full Body Warm Up

J-Bands, Arm Circles, Ballistic Throwdowns

Throwing: Lead up drills, work back as far as you are comfortable- only touch your max distance, then come back in.

10 Burn out at 90'-- FB/CHG

Work back into 50 feet hard.

Skill Drills x 6 each

Spins—10 easy spins of your primary breaking ball

40 pitch flat ground. 10 stretch, 10 wind up. 10 Stretch. 10 Wind up. 2 breaking balls in each set of 10

Arms: 6 backs with weight

Abs: 10 x each side medball toss. 10 x max effort med ball keg toss. 2 min plank

Run: 2 mile jog

Lift: Refer to Zac's program

Notes to self:

Tuesday December 20, 2016

Day 23:

Mental

“To win you need to have first lost. That makes you so hungry to win that you'll do everything you can to achieve it.”

— Brendon Clark

Goal: Out work your doubts today.

Must Watch

<https://www.youtube.com/watch?v=LTaZkf4dih8>

Spend 15 mins: Doing triangle drills, pick off moves, reviewing defensive plays

Physical

Full Body Warm up

Arm Circles only

Throwing:

1st year guys-- None

Vets—Lead up drills—work back to 90' x 30 throws

Skill Drills x 3 FB/ CHG

10 x Spin primary breaking ball

Arms: As much as you can do of recovery protocol

Abs: Static Abs-- 3 min shred. 2 min plank. 20 Leg throw downs

Run and Lift—see Zac's Program

Notes to self:

Wednesday December 21, 2016

Day 24:

Mental

“Do not think that love in order to be genuine has to be extraordinary. What we need is to love without getting tired. Be faithful in small things because it is in them that your strength lies.”-- Mother Teresa

Goal: Work on something small today.

Must Watch

<https://www.youtube.com/watch?v=rL3TI1TV6L0>

Spend 15 mins: Writing down what you can bring to our team on days you don't pitch.

Physical

Full Body Warm up

J-Bands, Arm Circles, Anything else your arm needs to warm-up.

Throwing

1st year guys: Stretch back to comfort. When you find your max distance... stop

Vets-- Off

Arms: None

Rice: None

Abs: None

Run: Get outside for some activity—hike, bike, run, surf, skate, etc.

Lift: See Zac's program

Notes to self:

Thursday December 22, 2016

Day 25:

Mental

“My idea of Christmas, whether old-fashioned or modern, is very simple: loving others. Come to think of it, why do we have to wait for Christmas to do that?” -- Bob Hope

Goal: Remember what Christmas felt like when you were a little kid.

Must Watch

<https://www.youtube.com/watch?v=FNXwKGZHmDc>

Spend 15 mins: Connecting with your family. Ask them about how you got here.

Physical

Full body warm up

J-Bands, Arm Circles, Ballistic throw downs x 10

Throwing:

All—Lead up drills, Stretch as far as your arm says to. Work back in hard.

90'—burn out x 10—FB/CHG.

Skill drills x 6 each

1st year guys—Short box (see below)

Vets-- 30 pitch flat ground—15 full, 15 stretch—work all pitches—focus on halves of the plate.

PFP and picks as you feel you need

Arms: J-Bands

Abs: 200 abas

Run: Get a 2 mile run in before you start your throwing program

Lift: See Zac's program.

Notes to self:

Friday December 23rd, 2016
Day 26:

Mental

“All people dream, but not equally.

Those who dream by night in the dusty recesses of their mind, wake in the morning to find that it was vanity. But the dreamers of the day are dangerous people, For they dream their dreams with open eyes, and make them come true.”-- T.E. Lawrence

Goal: Try something new today—doesn't have to be related to baseball—test your courage.

Must Watch

https://www.youtube.com/watch?v=65_PmYipnPk

Spend 15 mins: Writing about what courage means to you.

Physical

Warm Up--

Throwing: It's your day—play catch however you see fit. Do what you need—you make the choices—make the best product you can.

Arms: You pick

Run: If you need it

Lift: See Zac's program

Notes to self:

Saturday December 24, 2016

Day 27:

Mental

“In the depth of winter, I finally learned that within me there lay an invincible summer.”
--Albert Camus

Goal: Get back to grinding. Love being a baseball player.

Must Watch

<https://www.youtube.com/watch?v=cM64LfhmisU>

Spend 15 mins: Finding a quote or a video that motivates you. Text it to Coach Ribas

Physical

Full body warm Up
J-bands, Arm Circles

Throwing:

Lead up drills, work back to 120'x 30 throws. 150 x 15 throws. Max distance x 5 throws

Work back into 60 feet hard.

Skill Drills x 5 each

Spins. 10 easy spins. 5 a bit harder—primary breaking ball only

40 pitch flat ground-- what you need.

Arms: Weighted of some sort

Abs: 3 min ab shredder, 2 min plank

Run: 75 squats- body weight, no pauses no stops. 4 x 3 broad jumps. 4 x vertical box jump—go as high as you can.

Lift: Zac's program

Notes to self:

Sunday December 25, 2016

Day 28:

Mental

"It is good to have an end to journey toward; but it is the journey that matters, in the end."-- Earnest Hemmingway

Goal: Start writing down some of your goals.

Must Watch

<https://www.youtube.com/watch?v=cM64LfhmisU>

Spend 15 mins: Journal about where you are now compared to where you were at the start of the fall.

Physical

Throwing: Throw food in your mouth

Arms: Hug as many family members as possible

Abs: Laugh so hard it hurts

Run: To the dinner table

Lift: your Christmas gifts

Notes to self:

Monday December 26, 2016

Day 29:

Mental

“Insanity is doing the same thing, over and over again, but expecting different results.”-- From Narcotics Anonymous

Goal: Gain some peace of mind

Must Watch

https://www.youtube.com/watch?v=LTO_dZUvbJA&list=PL70DEC2B0568B5469&index=14

Spend 15 mins: Working on breathing and visualization. See yourself at our very best.

Physical

Warm up

J-Bands and Arm Circles

Throwing: Your day—take off if you need, throw as long as you need, drills if you need. Flats if needed—no mound.

Arms: All recovery protocol you can do

Abs: Pick 200

Run: Timed Mile-- aim for 6:10 today.

Lift: Refer to Zac's

Notes to self:

Tuesday December 27, 2016

Day 30: Mental

“Do you want to know who you are? Don't ask. Act! Action will delineate and define you.” -- Thomas Jefferson

Goal: Have your best catch session of the winter today. Make every throw a singular event. The last throw doesn't have anything to do with the throw you are making.

Must Watch

<https://www.youtube.com/watch?v=SXS8k8t01Ro>

Spend 15 mins: On PFP and Pick offs after throwing

Physical

Full body warm up

J-Bands, Arm Circles, Ballistic throw downs

Throwing:

No lead ups -- work back to max distance. Make 10 throws at max distance.

Work back hard. 10 Burn out throws at 90' FB/CHG

Work back into 50 feet hard.

Skill Drills.

Spins—really spin both primary and secondary breaking balls

40 pitch Short box--10 Full, 10 Stretch, Short rest-- 10 Full, 10 Stretch.

PFP's and picks as you need

Arms: 6 backs with weight

Abs: Pick 200-- focus on rotation and obliques

Run: 200 jump rope jumps. Tabata run x 4 mins. Rest. Do it one more time.

Lift: Refer to Zac's program

Notes to self:

Wednesday December 28, 2016

Day 31:

Mental

"Ehara taku toa, he takitahi, he toa takitini"

"My success should not be bestowed onto me alone, as it was not individual success but success of a collective"

-- Maori Saying

Goal: Get a great night's sleep.

Must Watch

<https://www.youtube.com/watch?v=GDLQyM81eYw>

Spend 15 mins: Reading all your journal entries—what do your words mean to you?

Physical

Throwing: None

Arms: None

Abs: 10 x medball side toss. 10 x med ball keg toss

Run and Lift: Refer to Zac's program

Notes to self:

Thursday December 29, 2016

Day 32:

Mental

“When we are no longer able to change a situation, we are challenged to change ourselves.” -- Viktor Frankl

Goal: Spend time with family and friends. You don't have many more days to do that.

Must Watch

<https://www.youtube.com/watch?v=taEBkT8A7Os>

Spend 15 mins: With your parents talking about them... not you.

Physical

Full body warm up

Any arm warm up you need

Throwing:

Lead up drills and work back to 120'. 30 throws at 120'.

10 Burn out throws at 90'. FB/CHG

Work back into 50 feet hard.

Skill Drills.

Spins as needed

30 pitch flat ground-- what you need.

Arms: As you need

Abs: 3 min ab shredder 2 min plank with side planks

Run: Warrior Run—as best as you can remember

Lift: Refer to Zac's program

Notes to self:

Friday December 30, 2016

Day 33: Mental

““You can't build a reputation on what you are going to do.”
-- Henry Ford

Goal: Get your feet back on the mound. Acknowledge you might feel weird. Be okay with that.

Must Watch

<https://www.youtube.com/watch?v=0sXTa7UCGk>

<https://www.youtube.com/watch?v=ypff0vx2FZo>

Spend 15 mins: Thinking about how much will you mean to your teammates?

Physical

Full body warm Up

Arm warm up—J bands, Arm Circles, Ballistic throw downs x 10

Throwing: Lead up drills, work back to max distance. 5 Throws from max distance.

Work Back hard

Skill Drills x 5 each

Spins.

1st year guys—20 pitch pen

Vets—20 pitch short box

Perform Everyday

Arms: You pick

Abs: 3 min shred. 10 Med ball keg toss. 2 min plank. 10 med ball keg toss. 20 windshield wipers, 10 med ball keg toss.

Run: 2 x 20 pick ups

Lift: Refer to Z's program.

Notes to self:

Saturday December 31, 2016

Day 34:

Mental

"If knocked down, I will get back up, every time. I will draw on every remaining ounce of strength to protect my teammates and to accomplish our mission. I am never out of the fight."-- Navy Seal Creed

Goal: Feel your mechanics work without needing to throw.

Must Watch

<https://www.youtube.com/watch?v=qUZg3934-B4>

Spend 15 mins: Going through your pitchers book in Teamworks and figuring out any questions you still have—write them down.

Physical

Throwing-- None

Arms: None

Abs: Med Ball series

Run and Lift: Off

Notes to self:

Sunday January 1, 2017

Day 35:
Mental

Send your favorite quote from this packet to Coach Ribas

Goal: Remind yourself of all the work you have done... it is the foundation. Let's start building the house. Look at your goals and decide if they are the same.

Must Watch

<https://www.youtube.com/watch?v=XhGq7qmm6dw>

Spend 15 mins: Reviewing all the things you have accomplished this winter. Look at your goals and notes from individuals.-- have things changed. Do this in silence.

Physical

Throwing: None

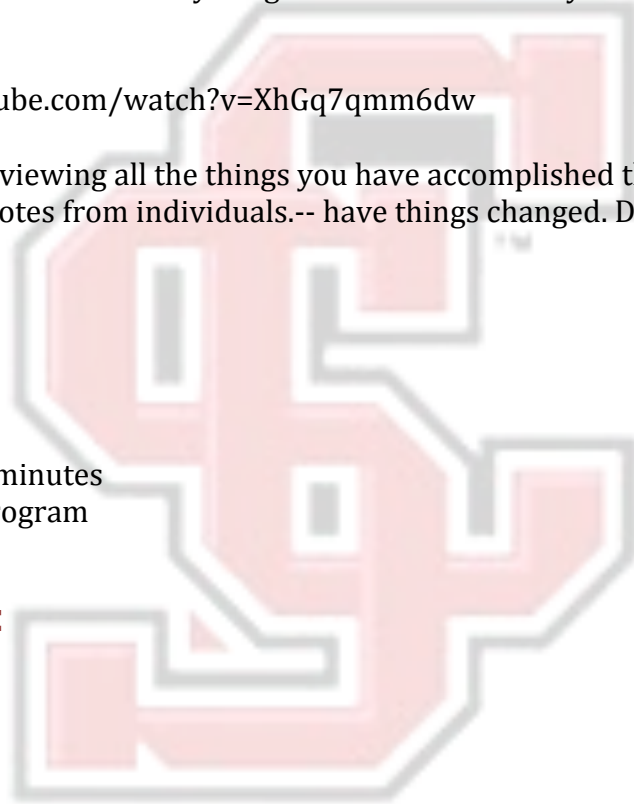
Arms: None

Abs: No

Run: 2 miles in 16 minutes

Lift: Refer to Z's program

Notes to self:



Monday January 2, 2017

Day 36: Mental

Goal: Get the arm stretched out and the head focused on every throw

Must Watch

<https://www.youtube.com/watch?v=KgZLzbd-zT4>

Spend 15 mins: Making your bed.

Physical

Full body warm up

J-bands, Arm Circles, Ballistic throw downs

Throwing:

Lead up drills

Stretch as far as you can—Pull down on the way in.

Skill drills x 5 each

30 pitch flat ground—all pitches

Arms: 6 backs

Abs: 200 you pick

Run and Lift: Refer to Z's program

Notes to self:

Tuesday January 3, 2017

Day 37: Mental

Goal: Flip the switch on today!

Must Watch

<https://www.youtube.com/watch?v=wl49zc8g3DY>

Spend 15 mins: In silence being only in the present.

Physical

Full body warm up

J-bands, Arm Circles, Ballistic throw downs

Throwing:

Lead up drills

Stretch to comfort—work back in doing what you need

Skill drills x 5 each

30 pitch full pen—all pitches

Arms: J-Bands

Abs: 3 min ab shred

Run 3 x 300 yard shuttles in :57 seconds. 100 body weight squats—no pauses no stops, no break in form or pace

Lift: Refer to Z's program

Notes to self:

Wednesday January 4, 2017

Day 37: Mental

Goal: Find your mindful athlete today

Must Watch

<https://www.youtube.com/watch?v=Qf8xMT4cj-Y>

Spend 15 mins: On the phone with your best friend—talk about them. Remind them why they are your best friend.

Physical

Full body warm up

J-bands, Arm Circles, Ballistic throw downs

Throwing:

Lead up drills

Work back to 90' x 30 throws

Skill drills x 3 each – FB, FB, CHG

20 Pitch FB only Flat ground—10 in a row to glove side—10 in a row to arm side

Arms: J-Bands

Abs: None

Run: Timed mile

Lift: Refer to Z's program

Notes to self:

Thursday January 5, 2017

Day 38:
Mental

Goal: Read every entry in your journal—how do those words shape you? Journal about who you want to be.

Must Watch

<https://www.youtube.com/watch?v=x2tPAhdsY34>

Spend 15 mins: Write a thank-you card to someone.

Physical

Throwing-- None

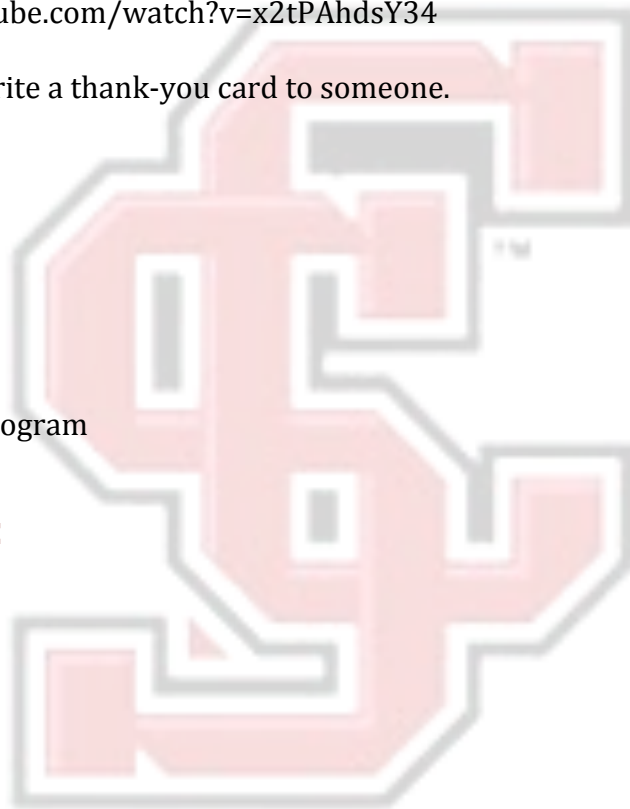
Arms: None

Abs: None

Run: None

Lift: Refer to Z's program

Notes to self:



Friday January 6, 2017

Day 39: Mental

Goal: Feel strong in your final tune up

Must Watch
Your greatest motivating video

Spend 15 mins: Thinking about what it means to be tough, attention to detail, and hard working

Physical

Full body warm up
J-Bands, Arm circles
Throwing—
Stretch back to comfort—pull down on the way in
Drills—x 5 each
Spins as needed
40 pitch pen—first 20p feel it out. Take a breather—Last 20 pitches full throttle

Arms: 6 backs
Abs: Pick 200
Run: Tabata run (4:00 mins). Rest—do it again
Lift: Refer to Z's program

Notes to self:

End of program. Individual times will be communicated to you via Coach Ribas.