



# Locos Express Comprehensive In/Out of Season Training Guide.

09.24.2020

## Overview

The Locos Express organization as a whole wants to give all players associated with our organization an opportunity to improve year-round. In order to compete in travel baseball, proper training and commitment must be taken to ensure we bring our best every day.

This guide will cover In-season and out-of-season workout plans (no heavy weights, un-supervised or under the age of 15), along with drills for each defensive position (both individual and partner drills), and offensive drills. A suggested diet plan will be provided as a guide to proper nutrition for the athletes.

## Goals

While only having these players for a short time-period over the winter and during our summer season, we would like to go one step-further and provide a guide for these players to make major improvements year-round.

1. To improve mentally and physically in respect to health and baseball.
2. Provide a guideline to players as an incentive to improve on their time.
3. Institute a logical solution to allow for players to improve In and Out of season as well as while in season for other sports.
4. Ultimately we want to take players to the next level physically and mentally and create opportunities to improve and teach themselves while coaches are absent.

## In-Season/Out of season Baseball Drills

**-Pre-Warmup and Post-Stretch are very highly suggested before and after any drills or workouts.** It is very important to warm up by jogging and stretching before.

Warm-ups similar to our pre-practice and pre-game will help ensure the reduction of injury.

As an organization we want to get the most out of our players and we want our players to get the most out of our practices and the coaching we provide. Although the time we have with players is valuable, the extra work that a player does away from team practices and games is what makes a player and team great.

We want to provide a fundamental workout plan consisting of drills and physical training for in season and out of season players. We do understand that many of our athletes are playing other sports. We only ask those players to continue to work on the baseball drills and avoid extra physical training to avoid burnout and overuse.

What will be provided in this section is basic baseball drills and workouts that if performed correctly and regularly can vastly improve the players ability throughout their baseball career. For more advanced training [F.A.S.T. NWO in Lima, Ohio provides a more advanced baseball specific workout program suggested to those who are not involved in winter sports.](#)

## Pre-Season Workout

In our pre-season workout our goal is to strengthen specific muscles that will be used most often in baseball. It is important that we warm-up properly and make sure to stretch after every workout. The combination of proper strength training and stretching will decrease the chance of injury, increase our ability to perform and improve the quality of our performance.

- If players are participating in other sports during the off-season, there is a section that is specific to workouts that are not too demanding, but will strengthen baseball specific muscles.

This is a guide to workouts that can be utilized to improve baseball specific performance and can be implemented to an individual's overall workout if desired.

WARNING: There are specific training/lifting practices that can be harmful to throwing athletes.

### **In Season and Out-of-Season Training**

\*Before we continue this section that provides workouts and drills pertaining to baseball specifically, if you are in another sport at the time we encourage you to work on these drills in a manner that fits your availability and energy levels.

\*It is important to continue working on baseball specific training year round.

#### **Physical Training:**

Band Workouts are very important for arm/shoulder strength and flexibility. It strengthens the muscles used specifically for a throwing athlete.

**Out of Season:** We suggest doing these 4 times a week for 3 sets of 10 reps per workout. Increase as needed.

**In Season:** We suggest doing 3 times a week 3 sets of 10 reps per workout.

## 5: Reverse Flies

- Clip at mid-back height
- Same as Forward Flies in reverse direction
- Palms move away from each other
- Bend knees; keep chin over toes and head still

**Exercise 5**  
Step 1



**Exercise 5**  
Step 2



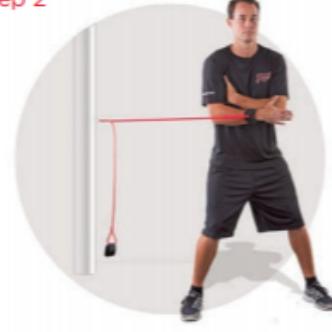
## 6: Internal Rotation

- Clip at hip height
- Elbow on hip
- Arm at right angle
- Place off-hand under armpit
- Maintain level shoulders
- Rotate arm towards opposite hip

**Exercise 6**  
Step 1



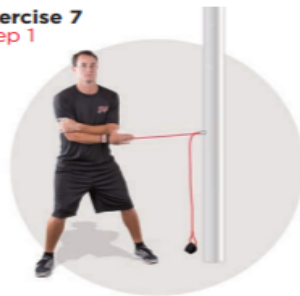
**Exercise 6**  
Step 2



## 7: External Rotation

- Clip at hip height
- Arm at right angle
- Same as Internal Rotation in opposite direction
- Opposite hand on outside of elbow to stabilize
- Maintain level shoulders

**Exercise 7**  
Step 1



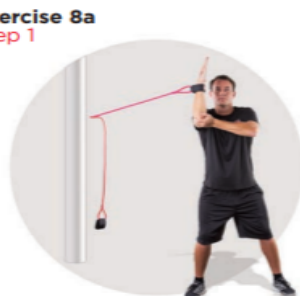
**Exercise 7**  
Step 2



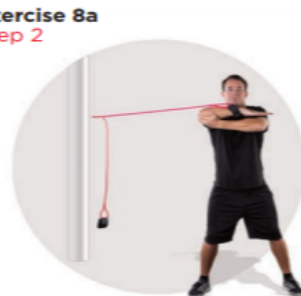
## 8: Elevated Internal Rotation

- Clip at shoulder height
- Arm at right angle
- Throwing elbow stabilized perpendicular to shoulder at shoulder height and in line with silver clip

**Exercise 8a**  
Step 1



**Exercise 8a**  
Step 2



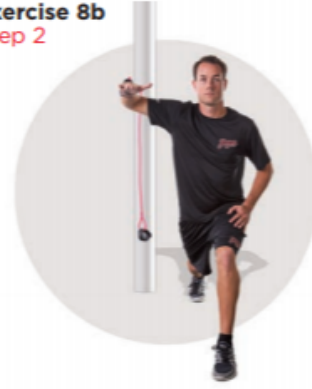
### 8: Elevated Internal Rotation (Alternative)

- Clip at shoulder height
- Have chest facing away from fence
- Have throwing elbow in alignment with clip at shoulder height & maintain right angle (*wrist over elbow*)
- Keep elbow as stable as possible

Exercise 8b  
Step 1



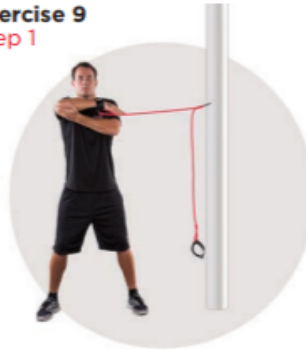
Exercise 8b  
Step 2



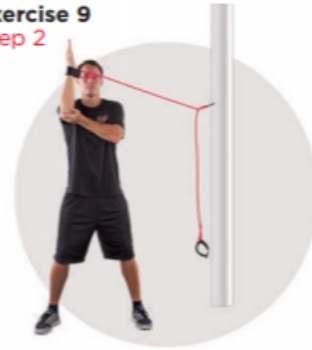
### 9: Elevated External Rotation

- Clip at shoulder height
- Same as Internal Rotation in opposite direction

Exercise 9  
Step 1



Exercise 9  
Step 2



### 10: Reverse Throwing

- Clip at waist height
- Front shoulder facing clip
- Take arm in reverse direction maintaining the same arm action and arm slot of forward throwing motion
- Make a complete arm circle

Exercise 10  
Step 1



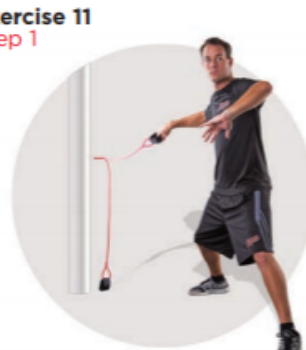
Exercise 10  
Step 2



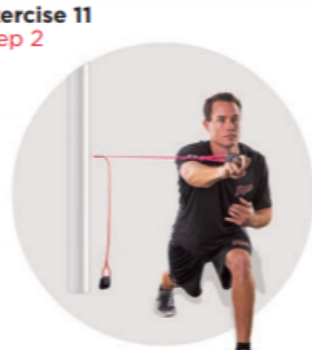
### 11: Forward Throwing Motion

- Clip at waist height
- Place throwing fingers through wrist cuff & in alignment with clip
- Keep clip and tubing in line with arm slot
- Maintain normal throwing mechanics
- Extend out in front & make a complete arm circle with loose & relaxed arm action

Exercise 11  
Step 1



Exercise 11  
Step 2



## Core (Abdomen Workouts)

Our core is the most important muscle group in relation to baseball and stabilizing our body. Every action we perform goes through our core and the stronger it is the better we can perform as baseball players.

### Plank Variations

Planks teach your abs and other core muscles to prevent your lumbar spine from extending, referred to as anti-extension. This is one of the best ways to train your abs in a way that improves sports performance. Also, training your core this way will help improve your form on heavy lifts, such as Deadlifts and Squats.

**Beginner:** Plank—2-4x30-60 seconds (squeeze your abs to make this more difficult)



### Side Planks

Side planks are essential for increasing strength in the transverse abdominis muscles, and are a necessary component to any baseball core routine.

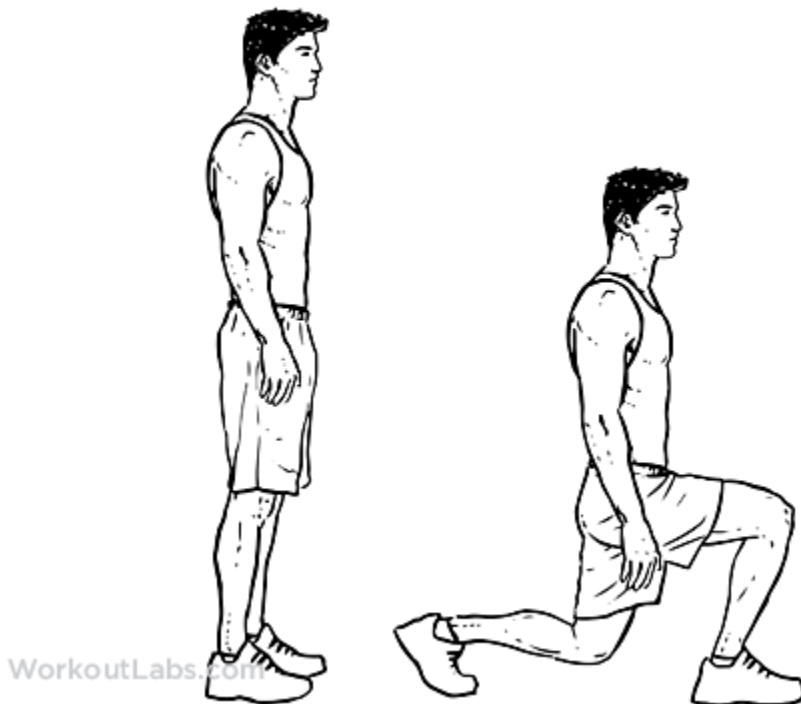
Plank—2-4x30-60 seconds (squeeze your abs to make this more difficult)



## Leg Strengthening

Every action we perform in baseball starts at our legs (from the ground up). The stronger and more flexible our legs are the better our results will be on the baseball field.

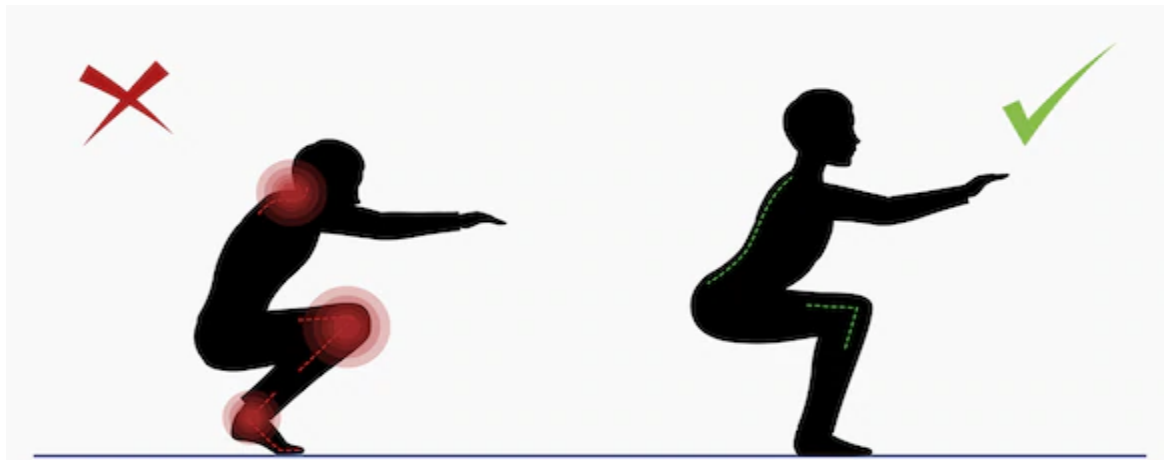
**Lunges (Variation- Holding dumbbell weights) (Can move different Angles) (3sets of 10)**



# Squats

It is important that we keep good form and posture during this exercise to prevent injury and ensure maximum results.

3 sets of 10 reps-5 days a week **out of season**/ 2 days a week **in season**.



## Cardio/Speed Training

**Cardio workouts such as, sprinting and distance running should be done on separate days of weight-lifting (if engaging in weight-lifting at the time)**

Speed can be trained simply by running sprints, It is very important to warm up by jogging and stretching before sprinting. Warm-ups similar to our pre-practice and pre-game will help ensure the reduction of injury.

Sprint workouts are best done at a track or football field in order to give you a good measurement that you are sprinting the distances suggested.



**Important:** We want to start like baseball players (starting with our right shoulder forward as if we were getting ready to steal a base).

**Out-of-Season:** Performing sprinting workouts 3 times per week. Each workout can be modified to the runner and physical shape they are in at the time. If to reduce chance of injury or overuse these need to be modified, we suggest to do so. Any sprints 3 times a week to work-up to these suggestions will help improve our baseball skills.

**Day1:** 4 reps of 20 yard sprints and 4 reps 40 yard sprints

**Day 2:** 4 reps of 20 yard sprint and 2 reps of 100 yard sprints

**Day 3:** 6 reps of 10 yard sprints and 1 rep of 200 yard sprint

**In-Season:** 4-30 yard (90 foot sprints) should be done after every practice or game.

(Limit 4 times per week)

**Exceptions:** Please be conscious of physical limitations and demands of each individual player as to how many games are scheduled that day or how many game/practices they have had in a single week.

## **Workout Summary**

All of the workouts above are suggestions and if done properly can be helpful to an individual's overall health and performance on and off the baseball field. While there are more workouts a player can do, we want to provide a basic baseline workout program that gives our athletes the ability to get better on their own. The Locos Express staff and affiliates have many outlets to help provide players with more individualized and advanced baseball training upon request.

## **Advanced Training Opportunities**

**FAST NWO:** Provides a baseball specific strength, mobility and speed training that will increase the athletes abilities in all aspects of the sport.

**Contact Tim Lones @ FAST:** (419) 331-3278

**Danny Jones & Brodey Williams:** Provide baseball specific training pertaining to hitting and catching at **FAST NWO**

**Contact: Danny Jones** (419) 302-5497

**Brodey Williams** (260) 450-9574

**Tim Lones @ FAST:** (419) 331-3278

**Brian Garman:** Pitching and Velocity Training

**Contact: Brian Garman** (419) 234-8147

**Tina Lones:** Individual Nutrition and workout plans

**Contact: Tina Lones @ FAST** (419) 331-3278

## Baseball Drills

Much of what we do in practice is limited to team training. In order for our organization to compete we need committed players that are willing to improve on their own. The best players are the ones who put in the necessary training in the off-season and are fully prepared come game time. The saying goes, "Baseball is 90% mental and 10% physical. In practice we will find confidence that we can compete with any opponent.

The Drills provided below are a few of many that can be done in and out of season. Locos Express coaches are more than willing to provide more drills to help you improve, upon request. EACH DRILL PERFORMED MUST BE DONE WITH AN EMPHASIS ON MECHANICS. We must focus on our mechanics in practice in order to properly perform in game scenarios.

## Hitting Drills

### Tee-Work

Hitting off the tee must be done hitting outside/middle/inside (in that order). Also focusing on the height of the pitch, high/low/middle. Remember to envision a pitcher going through the wind-up or stretch and loading properly before taking your swing.

Out-Of-Season (whether in sport or out of another sport)

-We encourage 90 swings a day for 3 days out of the week minimum.

Low/Outside: 10 swings Middle/Outside: 10 Swings High/Outside: 10 swings

Low/Middle: 10 swings Middle/Middle: 10 swings High/Middle : 10 swings

Low/Inside: 10 swings Low/Middle: 10 swings Low/High: 10 swings

## Batting Practice (In Season-Out of Season)

Whether we do soft-toss/front-toss/live batting practice we want to start hitting the outside pitch first and working our way in, unless we are choosing to work on a specific pitch that day.

We will show players how to properly perform soft-toss and front-toss so when they do this with a partner they will do so properly.

We encourage you to take batting practice any time possible while away from team practices.

## Throwing Program

It is important for baseball players (throwing athletes) to learn how their arm feels and what that means. We encourage throwing as much as you can, given your arms sustainability. There are 2 types of throwing; Arm Strengthening (Long Toss) and Performance Throwing (Throwing from the position), meaning throwing after fielding a groundball, pitching, throwing from the catchers stance, etc.

### Out-of-Season Throwing Program

#### Long-Toss

Arm strength needs to be improved in the off-season. Long Toss every 3 days is highly encouraged. Properly warm-up and gradually throw farther and farther as you get loose.

-20 Throws as far as you can 3 times a week.

**We understand that many of our athletes are involved in many activities and hope to incorporate a reasonable training plan into their daily schedule to ensure competitive capability as well as prevention of baseball specific injury. If any of these drills need to be limited or increased do so at your discretion.**

\_\_\_\_ Please feel free to contact any of the coaches or F.A.S.T. with any questions you may have pertaining to the information provided in this comprehensive training guide, as well as for any other suggestions in relation to FAST and IOCOS EXPRESS.

