

Offseason Conditioning, Part 1: Your Training Toolbox

September 14, 2011

As we head into October, it is time to start "Active Rest" offseason conditioning since

September should be a month of COMPLETE REST

to recover both mentally AND physically from the baseball season.

Tool #1: Weighted Jump Rope

Hands down, THE BEST piece of sports equipment. Improves agility, posture, balance, eye-hand coordination, AND **increases rotator cuff strength by 55%:**

Duzgun I. **The Effects of Jump-Rope Training on Shoulder Isokinetic Strength in Adolescent Volleyball Players.** *Jou Sport Rehab* 2010; 19(2): 184-199

You can read about it from this 2010 newsletter I wrote:

<http://www.pitchingdoc.com/fileupload/Pitching%20Newsletters/Jumping%20Rope.Fall%20Shoulderand%20Towel%20Drill%20Programs.9.7.1.pdf>

Tool #2: Small Towel

Just as hitters hit off a tee to perfect their swing, pitchers and throwers must do the same with a towel to perfect their throwing motion.

You can click here for a 25-repetition towel drill program:

<http://www.pitchingdoc.com/fileupload/Pitching%20Newsletters/Pitching%20Handouts/Towel%20Drill%20Fall%20Program.pdf>

Tool #3: 3-lb Medicine Ball

A 2007 study in the Journal of Strength and Conditioning Research:

<http://www.ncbi.nlm.nih.gov/pubmed/17313281>

EFFECTS OF HIGH VOLUME UPPER EXTREMITY PLYOMETRIC TRAINING ON THROWING VELOCITY AND FUNCTIONAL STRENGTH RATIOS OF THE SHOULDER ROTATORS IN COLLEGIATE BASEBALL PLAYERS

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Shown how **8 weeks of 3-lb medicine ball training:**

"can be a beneficial supplement to a baseball athlete's off-season conditioning by improving functional performance and strengthening the rotator cuff musculature."

Want to know the exercises? Scroll down!

Tool #4: 10-lb Medicine Ball

A 2008 study in the Journal of Strength and Conditioning Research showed how several tests identified better baseball players:

http://www.ncbi.nlm.nih.gov/pubmed/18545208?ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubmed_RVDocSum

[J Strength Cond Res. 2008 Jul;22\(4\):1051-8.](#)

Development of a baseball-specific battery of tests and a testing protocol for college baseball players.

and one of these exercises involved a 10-lb medicine ball.

Want to know the exercise? Scroll down!

Tool #5: A Basketball

Personal experience in training my baseball students has shown this exercise to be very good at strengthening the muscles around the shoulder blade to give greater shoulder stability.

Want to know the exercise?

Up Next...Part 2: The Training Programs....STAY TUNED!!!! 😊

Hope this helps. Best of luck.

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