



FDHS BASEBALL

Christmas Break Player Info/Plan

These next few weeks will be an important time for you to begin getting your arm in shape and must be utilized to continue to prepare for the 2020 season. While we realize it is a busy time for you and your families, you must begin to throw to prepare for our long toss/throwing program. Each throwing day should take around an hour with proper warm-up, band work, and throwing. We have outlined the plan for Christmas Break below.

December 22nd – December 28th

J-Bands – Perform J-band exercises 5x during week (this includes on throwing days)

Throwing – Players need to throw a minimum of 3 days and a maximum of 5 days this week

December 29th – January 4th

J-Bands – Perform J-band exercises 5x during week (on each throwing day)

Throwing – Players need to throw 5x this week and perform J-bands on each day of throwing

Additional Info

Throwing Info – We are having you begin to throw to prepare your arm for our program, which will begin on the first day back to school. If you do not throw the # of days outlined above, you will be behind, and therefore not be able to progress as quickly. You may also put yourself in a situation where you become injured. Please be sure to throw the # of days outlined in this plan.

When throwing, begin very lightly and listen to your arm. Back up, while throwing on an arc, to the distance you are comfortable with that day. You should feel like your arm is stretching out as you continue to throw, and therefore you should be able to increase the distance (at your pace) each session. If you don't feel like you can one day, then don't. Again, LISTEN TO YOUR ARM. We will be throwing Mon-Fri when you get back to school.

A good video to watch before you begin is from Jaeger Sports. Search “Jaeger Sports Baseball Throwing Program -- '360 translates into 97mph Arm Strength & Velocity” and watch the video.

URL: <https://youtu.be/9w3xwYlx17s>

Before you begin to throw, you should begin with a dynamic warm-up, in which you should be breaking a sweat. Once you have completed your dynamic warm-up, you will need to complete arm circles (forward and backward) for 2 sets of 45 sec. each. Once arm circles are done, you may begin your J-band exercises and then begin throwing.

Cardio – Players should be getting 4-5 days at a minimum each week in cardio work to begin their aerobic conditioning for the season. Preferably, players should be running each day (mixing some distance, sprints, interval training, agilities etc.)

Have a great break and continue to work hard during these next few weeks. Remember, “Failing to prepare is preparing to fail!” If you have any questions, Coach Eddie Brooks and Coach Taylor Brooks’ contact info is below. Looking forward to a great 2020 season! Merry Christmas!

Coach Eddie Brooks (cell) 859-576-5561

Coach Taylor Brooks – (cell) 859-230-9272

Food for Thought – “The 10-80-10 Rule”

10% of people are elite workers, leaders, and will strive to be better. They make people around them better.

80% of people will do what is asked, and no more. They will follow.

10% of people will resist, do the least, and hurt the environment and culture.

Which group are you?