

DROP YOUR POP PROGRAM

SAMPLE WORKOUT #1



WARM-UP

Perform your normal "team" warm up and a proper throwing program prior to performing the following drills:

DROP YOUR POP DRILLS - QUICK HANDS FOCUS:

PERFORM 2-3 SETS OF EACH DEPENDING ON TIME AVAILABLE (15-20 MINUTES):

- **Resisted Exchanges** - (2-3 Sets of 10-15 Reps w/ Appropriate Resistance Band)
- **Heavy Ball Two Knee - Two Ball Exchanges** - (2-3 Sets of 10-15 Reps)
- **Two Knee - Two Ball Exchanges** - (2-3 Sets of 10-15 Reps)
- **Two Knee Exchanges w/ Mitt** - (2-3 Sets of 10-15 Reps)
- **One Knee Quick Catch** - (2-3 Sets of 10-15 Reps)
- **Live Throws** - (6-12 Throws depending on time and fatigue level)

DROP YOUR POP - STRENGTH TRAINING:

Complete All (10-15 minutes):

- **Rice Bucket Series** - (1 X :30 sec - Each Variation)
- **Med Ball Drop & Catch** - (2-3 Sets of 10-15 Reps)
- **Yoga Push Ups - Scapular Mobility** - (2-3 Sets of 8-10 Reps)
- **Band Resisted Scapular Retraction** - (2-3 Sets of 8-10 Reps)
- **Cord Work Series** - (1 X 10-15 Reps Each Variation)
- **Seated Torso Twists** - (2-3 Sets of :30 Seconds)
- **Front & Side Planks** - (1 X 30 sec - Each Position)