

Prairie State College Softball



Summer Conditioning Program 2015

Dear Players:

Here is your strength and conditioning program for the summer. It has been designed to help you become physically prepared for our upcoming season. You will be working on your strength, agility and quickness along with your overall conditioning. All of these components together will enable you to be more successful on the field, which in turn will help the TEAM achieve its common goal.

The main thing to remember when working on this program is that you have to have a very high intensity when doing each day of work. If the weight is too light, add more weight. It is very important that you are working with maximal effort each day. There can be no days taken off. These programs will not get done by themselves. There needs to be a high degree of self-discipline and motivation on your part to complete each day to the best of your ability. By following this program daily, you will be reaching the physical condition you will need to reach your full potential as a college athlete and an elite softball player. You will be ready for our fall season and have a solid foundation for the upcoming season. If you have any question about any of workouts or drills, please give me a call {219-796-5214} or email me back at fwilkins2@prairiestate.edu

Ladies one last thing, there is only 1 person who knows if they have done what it takes to be the best! That one person is YOU! When you look in the mirror at the end of the summer-ask yourself this question: Have I prepared myself to be the best Softball player I can be? Here's the kicker, you will not be able to fake it come September 2015!!!! Please don't cheat yourself or your teammates!!!!

Cycle 1: June 29 - August 23

Conditioning Goal of Cycle 1: To build endurance. Higher volume training

Weightlifting Goal of Cycle 1: To create a foundation of good form; **increase** weight after 2 weeks

Monday (Speed Day)	June 29	July 6	July 13	July 20
1. Warm-up				
2. Wall Runs -both hands on wall -body @ 45 degree angle -knees up as fast as you can	3 x 30 sec			
3. Fwd/Bkwd Sprints -Set cones up 5 yds apart for 25 yds (5 cones total) -Sprint fwd 5, backpedal 5, sprint fwd 10, back 5, etc.)	Sets= 5 Rest= 30 sec As fast as you can!	Sets= 5 Rest= 30 sec As fast as you can!	Sets= 5 Rest= 30 sec As fast as you can!	Sets= 5 Rest= 30 sec As fast as you can!
4. 10 down and backs -keep cone at 25 yd and sprint down and back	Sets= 10 Time to beat= 13 sec Rest= 45 sec	Sets= 10 Time to beat= 13 sec Rest= 45 sec	Sets= 10 Time to beat= 13 sec Rest= 45 sec	Sets= 10 Time to beat= 13 sec Rest= 45 sec
5. Cool down stretch + Weights	Min 20 sec per stretch			
6. Goal Setting:	Set 3 goals for the week			
Tuesday (Agility Day)	June 30	July 7	July 14	July 21
1. Warm-up				
2. Ladder Drills	3 times through each different drill			
3. Line Jumps	Sets= 3 Time=30 sec Rest= 10 sec	Sets= 3 Time=30 sec Rest= 10 sec	Sets= 3 Time=30 sec Rest= 10 sec	Sets= 4 Time=30 sec Rest= 10 sec
4. 5 yd shuffle -Set cones up 5 yds apart -Shuffle as fast as you can side to side	Sets= 10 Time= 15 sec Rest= 30 sec			
5. Cool down stretch + Core Work	Min 20 sec per stretch			
Wednesday (Mile Day)	July 1	July 8	July 15	July 22
1. Warm-up				
2. 1.5 Miles	Time to beat= min			
3. Build-ups -Start at 20% and gradually increase speed up to 100%	Sets= 10 Distance= 50 yds			
5. Cool down stretch + Weights	Min 20 sec per stretch			

Thursday (Plyo Day)	July 2	July 9	July 16	July 23
1. Warm-up				
2. Wall-sits	Sets=3 Time= 30 sec Rest=15 sec			
3. PSC Drills	PSC #1 Sets= 3 Rest=30 sec	Hills/Stairs Sets= 10 Time=30 sec	PSC #2 Sets= 3 Rest=30 sec	Hills/Stairs Sets= 10 Time=30 sec
5. Cool down stretch + Core Work	Min 20 sec per stretch			
Friday (Fun Day)	July 3	July 10	July 17	July 24
1. Warm-up				
2. Run/Bike/Swim (cardio) + Weights	30 min	30 min	35 min	35 min
3. Goal Setting Check-in	Did you accomplish your goals for the week?			

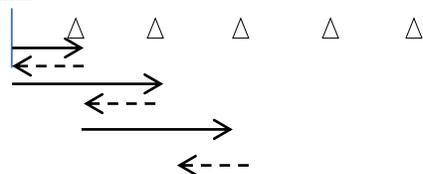
Warm-up

This warm-up is done before any activity, EVEN WEIGHTS!!

- 400 meter jog (1 lap around the track) or 2 times up and down a football field
- Dynamic stretching (2 x 20 yd, jog in-between)
 - Walk on toes
 - Walk on heels
 - High knees
 - Lunge twists
 - Cross-quad stretch
 - High kicks
 - Walking kick-backs
 - Carioca
 - Shuffles
 - Forearm lunge
 - Butt-kicks

Fwd/Bkwd Sprints

Start (5 yd btw. Cones)



Sprint=

Backpedal=

Ladder Drills

If you do not have an agility ladder, you can do the following:

- Place pieces of tape 1 ½ foot length apart to create your own ladder (10 rungs minimum)
- Draw with chalk a ladder on the sidewalk (again 1 ½ foot length between ladder rungs)

Jog in-between each drill (3 times through each):

- 1 step each ladder rung (sprinting through ladder)
- 2 feet in, 2 feet out (quick feet)
- Hop scotch
- 1 foot hop (Right and Left)
- Feet together, jump 2 forward, 2 backward
- Turn sideways, 2 foot hop in each run
- Sideways still, 2 steps in each rung
- Get creative...I know you love ladders!

Line Jumps

Done as fast as you can

- Right foot front/back
- Left foot front/back
- Right foot side/side
- Left foot side/side
- Both feet front/back
- Both feet side/side

PSC #1

Air Squats	1 min
Side Lunge	1 min
Squat Jumps	30 sec
Ski Jumps	30 sec
Around the world lunge	1 min
Split Jumps	30 sec
Rest	30 sec

PSC #2

Step-back Alternating Lunge	1 min
Drop Squat Jumps	1 min
Straight Leg Deadlift	1 min
Jump Wood Chops	1 min
Side Lunge w/Rotation	1 min

Hill/Stair Sprints

Find a hill that is long enough for you to be able to sprint for a minimum of 30 sec (If you can't find a long enough hill, run up the small hill you have and sprint the whole time length after the small hill ends, or find stadium stairs)

- Sprint up the hill using proper running technique for 30 seconds
- Jog back down the hill/stairs
- Repeat 10 times

PSC Softball Summer Conditioning 2015

Cycle 2:

Conditioning Goal of Cycle 2: To maintain endurance. To increase speed and agility

Weightlifting Goal of Cycle 2: To increase weight and build muscle (muscles should be fatigued at end of last set)

Monday (Speed Day)	July 27	August 3	August 10
1. Warm-up			
2. Wall Runs -both hands on wall -body @ 45 degree angle -knees up as fast as you can	4 x 30 sec + 1,2,3 step counts 5 x 20 sec	4 x 30 sec + 1,2,3 step counts 5 x 20 sec	4 x 30 sec + 1,2,3 step counts 5 x 20 sec
3. 150 yd shuttle: -Cone set @ 25 yd -Run Down & Back 3 consecutive times	Sets= 4 Time to Beat= 34 sec Rest= 60 sec	Sets= 5 Time to Beat= 34 sec Rest= 60 sec	Sets= 6 Time to Beat= 34 sec Rest= 75 sec
4. Cool down stretch + Weights	Min 20 sec per stretch	Min 20 sec per stretch	Min 20 sec per stretch
5. Goal Setting:	Set 3 goals for the week	Set 3 Goals for the week	Set 3 Goals for the week
Tuesday (Agility Day)	July 28	August 4	August 11
1. Warm-up			
2. 60 yd shuttles: Look below for explanation	Sets= 4 Done as fast as you can Rest= 30 sec	Sets= 4 Done as fast as you can Rest= 30 sec	Sets= 4 Done as fast as you can Rest= 30 sec
3. Fast Feet Square Cone Drill: Look below for explanation	Sets= 4 Time=30 sec Rest= 30 sec	Sets= 4 Time=30 sec Rest= 30 sec	Sets= 5 Time=30 sec Rest= 30 sec
5. Cool down stretch + Core Work	Min 20 sec per stretch	Min 20 sec per stretch	Min 20 sec per stretch
Wednesday (Mile Day)	July 29	August 5	August 12
1. Warm-up			
2. 1.5 Mile Run	Time to beat=	Time to beat=	Time to beat=
3. Build-ups -Start at 20% and gradually increase speed up to 100%	Sets= 10 Distance= 50 yds	Sets= 10 Distance= 50 yds	Sets= 10 Distance= 50 yds
5. Cool down stretch + Weights	Min 20 sec per stretch	Min 20 sec per stretch	Min 20 sec per stretch
Thursday (Plyo Day)	July 30	August 6	August 13
1. Warm-up			
2. Wall-sits	Sets=3 Time= 30 sec (explode up as high as you can every 15 sec) Rest= 15 sec	Sets=3 Time= 30 sec (explode up as high as you can every 15 sec) Rest= 15 sec	Sets=3 Time= 30 sec (explode up as high as you can every 15 sec) Rest= 15 sec
3. PSC Drills	PSC #1 Sets= 3 Rest=30 sec	Hills/Stairs Sets= 10 Time=30 sec	PSC #2 Sets= 3 Rest=30 sec
5. Cool down stretch + Core Work	Min 20 sec per stretch	Min 20 sec per stretch	Min 20 sec per stretch
Friday (Fun Day)	July 31	August 7	August 14
1. Warm-up			

2. Run/Bike/Swim (cardio) + Weights	35-40 min	35-40 min	40 min
3. Goal Setting Check-in	Did you accomplish your goals for the week?	Did you accomplish your goals for the week?	Did you accomplish your goals for the week?

60 yard shuttles:

1. Sprint 20 yards, then do 20 forward/backward line hops, then sprint 20 yds, then do 20 side/side line hops, then sprint 20 yds touch the cone, then run backwards to the start (As fast as you can)

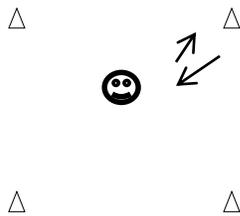


2. Sprint 20yd—20fwd/bkwd line hops—Sprint 20yd—20side/side hops—Sprint 20yd—**side shuffle back**

3. Sprint 20yd—20fwd/bkwd line hops—Sprint 20yd—20side/side hops—Sprint 20yd—**karaoke back**

4. Sprint 20yd—20fwd/bkwd line hops—Sprint 20yd—20side/side hops—Sprint 20yd—**sprint back**

Fast Feet Square Cone Drill: Cones are set 5 yards apart



Start with fast feet in the middle, then have someone call a cone to go to, you will sprint to that cone and sprint back to the middle continuing fast feet in the middle until the next cone is called (Call cones quickly to work on agility)

PSC Softball Summer Conditioning 2015

Cycle 3:

Conditioning Goal of Cycle 3: To increase speed and agility. Low volume, high intensity training

Weightlifting Goal of Cycle 3: To continue to build muscle; increase weight when needed

Monday (Speed Day)	August 17	August 24	August 31
1. Warm-up			
2. 1 st 3 Steps: -Forward -Laterally (look below for explanation)	Sets= 3 fwd Sets= 5 set laterally Done as fast as you can!	Sets= 3 fwd Sets= 5 set laterally Done as fast as you can!	Sets= 3 fwd Sets= 5 set laterally Done as fast as you can!
3. Spints/150 yd shuttle -Look below for sprint explanation	Sprints	150 yd shuttle Sets= 3 Time to beat= 32 sec Rest= 75 sec	Sprints
4. Cool down stretch + Weights	Min 20 sec per stretch	Min 20 sec per stretch	Min 20 sec per stretch
5. Goal Setting:	Set 3 goals for the week	Set 3 Goals for the week	Set 3 Goals for the week
Tuesday (Agility Day)	August 18	August 25	September 1
1. Warm-up			
2. Basketball Court Suicides: Look below for explanation	Sets= 4 Done as fast as you can Rest= 60 sec	Sets= 4 Done as fast as you can Rest= 60 sec	Sets= 4 Done as fast as you can Rest= 60 sec
3. Free-throw line suicides: Look below for explanation	Sets= 4 Done as quick as you can Rest= 60 sec	Sets= 4 Done as quick as you can Rest= 60 sec	Sets= 4 Done as quick as you can Rest= 60 sec
5. Cool down stretch + Core Work	Min 20 sec per stretch	Min 20 sec per stretch	Min 20 sec per stretch
Wednesday (Mile Day)	August 19	August 26	September 2
1. Warm-up			
2. Mile Run	Time to beat= 7:30	Time to beat= 7:30	Time to beat= 7:15
3. Build-ups -Start at 20% and gradually increase speed up to 100%	Sets= 10 Distance= 50 yds	Sets= 10 Distance= 50 yds	Sets= 10 Distance= 50 yds
5. Cool down stretch + Weights	Min 20 sec per stretch	Min 20 sec per stretch	Min 20 sec per stretch
Thursday (Plyo Day)	August 20	August 27	September 3
1. Warm-up			
3. Puma Drills	15's Sets= 3 Rest=60 sec	Hills/Stairs Sets= 10 Time=30 sec	15's Sets= 3 Rest=60 sec
5. Cool down stretch + Core Work	Min 20 sec per stretch	Min 20 sec per stretch	Min 20 sec per stretch
Friday (Fun Day)	August 21	August 28	September 4
1. Warm-up			
2. Run/Bike/Swim (cardio) + Weights	40 min	40-45 min	40-45 min
3. Goal Setting Check-in	Did you accomplish your goals for the week?	Did you accomplish your goals for the week?	Did you accomplish your goals for the week?

1st 3 Steps

1. Forward:

Work on staying low, head down, and driving forward on the balls of your feet for your 1st 3 steps in your running- Jog out the remainder of your momentum, then jog back to start

2. Laterally:

Keep eyes forward, be in athletic stance (knees bent), straddle the line, then move 3 steps to your left as quick as you can and then 3 steps to your right (Stay on the balls of your feet the whole time)

Sprints

****Work on your 1st 3 steps being explosive!***

5 x 20 yard sprints (jog back) 40 sec rest in between sets

1 min rest

5 x 40 yard sprints (jog back) 45 sec rest in between sets

1 min rest

5 x 60 yard sprints (jog back) 60 sec in between sets

Basketball Court Suicides

Start at baseline: Sprint to Free-throw line and back, Sprint to Half Court and back, Sprint to other Free-throw line and back, Sprint to other side of the court and back

Free-throw Line Suicides

Start at baseline: Quick sprint to first free-throw dash and back, sprint to 2nd dash and back, sprint to 3rd dash and back, sprint to 4th dash and back, then sprint to free-throw line and back

1st set- Start sideways starting with your right foot first (Move side to side on the dashes)

2nd set- Start the opposite way with your left foot first

3rd set- Start forward, running backward when you reach a dash

4th set- Start forward and run back forward as well (Running forward to the dash and running forward on the way back)

15's

1) Box Jumps (If no box, find a step) - 15 ****Land softly on the box with both feet****

2) Pushups - 15

3) Walking Lunges – 15 each leg

4) Fire Hydrants- 15 each leg

5) Dips - 15

6) Split Jumps - 15

7) Mountain Climbers – 15 each leg

8) Left/Right Line Hops- 15

9) Forward/Backward Line Hops- 15

10) Jumping Squats (leaping forward and landing on heels) - 15 ****Land softly with both feet****

11) Wall Sit Kick – 15 each leg (sit on wall, arms to the side, kick out each leg 15 times)

12) Jumping Jacks- 15

13) Supermans- 15

14) Air Squats- 15

15) Tuck Jumps-15

■ Rest 60 seconds

→ Complete for TIME! Done as quickly as possible, non-stop, with proper form.

EXTRA DRILLS:

Agility Drills

***Four Cone Drill (5Yd Sq.)**

- a. Shuffle (1 time each way)
- b. Back Paddle / Sprint
- c. Shuffle with Ball Roll (1 time each way)

***Diamond Drill**

1. Sprint and back paddle (3 Times)

***60 Yds Shuffle (0 / 5 /10 / 15) (Two at a Time)**

1. Side Shuffle
2. Back Paddle Sprint
3. Sprint & Sprint

***W Drill**

1. Side to Side
2. Sprint to Back Paddle
3. Sprint to Sprint

***Sprints (10 Yds)**

1. Hop Back Start
2. Hop Right Start
3. Hop Left Start
4. Push-Up Start (knee to chest / go)

***Sprints (15 Yds / 15 Yds)**

1. Lateral Shuffle Turn and Sprint
2. Grapevines Turn and Sprint
3. Skip Turn and Sprint

Jump Rope Program

1. 50 – 2 Foot Jumps (Both Feet together)
 2. 100 – 1 foot hops 9 {25 per leg then switch}
 3. 50 – Running Contacts (Like your Running)
 4. 50 – Skipping Contacts (Like your Skipping)
 5. 50 – 2 foot jumps for speed (Do as fast as you can)
 6. 50 – 2 foot jumps laterally across a line
 7. 50 – 2 foot jumps front / back over the line
 8. 25 – Rapid Squat Jumps (Knees to Chest)
 9. 25 – lateral Hurdle Hops
- 30 seconds between each drill. Go through the jump rope circuit 3 times

One Last Thing... The off-season is a time of year that is crucial in the development of you as a college softball player. It is a time of year that previous weaknesses can be turned into strengths, and where previous injuries can be left in the past. This may be apparent to you, but the off-season is a key time of the year to improve yourself physically for this game that we all enjoy.

I imagine every one of you has determined an area where you could improve yourself in the game of softball. It is important to believe that a portion of this improvement lies within your participation in your strength and conditioning program. Improvement in the skills of softball requires DEDICATION to improving yourself physically. A DEDICATION to an off-season strength and conditioning program improves your body specifically to the demand of our sport. The shape you are in on the day we start practicing in September will determine your DEDICATION to this program.