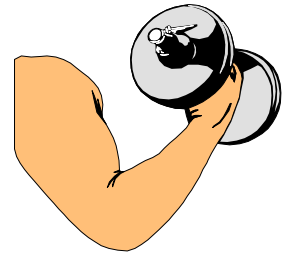




OFF SEASON ACTIVITIES

for

CONDITIONING and STRENGTHENING



1. Stretching program. Always precede your program with the proper stretching and warm-up.
2. Squeeze a tennis ball with each hand. Do sets of ten. Start with one set, build up to ten sets with one minute rest between sets.
3. Stand in front of a mirror. Take twenty-five hard swings at an imaginary ball. Concentrate on maintaining sound mechanics.
4. Do ten regular full body push-ups.
5. Make an overhand throw against a wall thirty to forty feet away. Field the rebound and throw again. Repeat twenty times.
6. Do fifteen line-hops. Begin with both feet together on one side of a line. Then hop over the line with both feet and back over the line to the starting position. Do this as fast as possible.
7. Throw a ball as hard as you can into your glove. Take the ball out of the glove and get ready to throw. Do sets of ten. Start with one set, build up to five sets.
8. Swing a bat at an imaginary pitch and sprint twenty yards as if you were running to first base. Repeat five times.
9. Get in ready position on a base. Explode off the base. Drive strongly for at least five steps. Repeat five times.
10. Run a mile.
11. If you can find a qualified trainer, work with weights to build up strength.