



Bears Baseball

Jerry's Bears

VFW Post 1000

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Gentlemen,

Baseball is just around the corner. Right now you should be doing extensive workouts in preparation for tryouts, sprints, stretching, long toss, rubber bands/weights, fielding (glove work), and batting in a cage and off of a tee.

At this time you should divide your workouts into two daily sessions. Early morning (before school) running and weight lifting and in the afternoon sit-ups (all three types; crunches, torso twist and full; keeping your forearms crossed and on the chest with elbows extended), swinging a bat, glove work, and on alternating days, throwing (for distance and power).

Your weight lifting should be broken up into upper and lower body done on different days. You should work out for strength and not bulk or in other words, lighter weights with more repetitions. Weight lifting should be done 6 days a week with lower body one day then upper body the next. You need to rest completely one day a week preferably Sunday.

Running in baseball should consist of sprints of 30, 60 & 120 yards (1 base, 2 bases and 4 bases). If you plan on running a mile, perform all of your sprints afterwards. Run hills for quickness and on the way down sidestep for agility (alternate sides on the way down). A goal is to run a 60 yd dash in less than 7 seconds, the national high school average for running from home to 1st is 4.5 seconds, 4.0 to 4.2 in the Pros. Practice running bases and sliding.

Swinging a bat is something that should be done all year long; it builds muscle memory and strength in the forearms, wrists and hands. A daily minimum is 75 swings from both sides. 25 swings each with a bat that is 10% lighter than your normal bat weight, 25 swings with a bat that is 10% heavier than your normal bat weight and 25 swings with your normal bat weight. A preferred method is to use a batting tee for accuracy and control. Learn to drive the ball up the middle of the field.

School ball will start, games will be played and before you know it, its summer and the first American Legion games are being played in the Memorial Day Tournament. Now is the time to prepare for both school and summer ball.

Do all you can do to be the best, good things will happen to those who work hard and prepare.

Coach Ron.

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