

Player Name _____

VBC Home Workouts
Hitting

Season _____ Yr _____

Hitting	Week 1	Week 1	week 2	week 2	week 3	week 3	week 4	week 4	week 5	week 5
Date										
Hitting Positions Practice										
(Do each 10 times)										
Enter Box - back foot, front foot, sway										
Set Up- Door knocking knuckles aligned, hands at ear, bat barrel up										
Weight shift back and stride to balance (hands up)										
Slow motion short-to zone and long through zone										
Extend Swing and finish balanced										
Core Strength Practice										
Mountain climbers (30 sec)										
Balance Sitting (30 sec)										
Leg lift hold (30 sec)										
Sit ups (30 sec)										
Leg lift/split leg (30 sec)										
Rt.Back leg extend(30sec)										
Lft. Back leg extend(30 sec)										
Parent initials										
		Complete 6 days earn 20 baseball cards				Approved by VBC _____				
		Complete 10 days earn VBC T-shirt or VBC decal				Approved by VBC _____				