



# IN-SEASON BAT SPEED TRAINING



## A Word Of Advice:

Your mentality at the plate will greatly impact your bat speed. Your goal should not be to try to hit the ball, you should expect to hammer the ball!

Avoid the "trying" mentality because that will drastically decrease your bat speed! If you simply "try," your focus is passive and your goal is to avoid swinging and missing. This slows you down!

The hitter who expects and knows he will hit the ball will have more of an attacking mentality, thus maximizing bat speed. Let's get into the workout!

## Sample Workout:

- Foam rolling
- Dynamic Warm Up
- Dry Swings to Get Loose (10-15 swings)
- Reverse Grip Lat Stretch (25 reps)
- Bat Behind Back Hip Fires (25-50 reps)
- Planks (regular & side , 3 sets, 1 min each)
- Weighted Crunches
- Hanging Leg Lifts
- Standing Weighted Twists
- Squats or Leg Press
- Wrist Curls/Reverse Wrist Curls
- Swings With Donut/Bat Weight (15 swings)

**\* IMPORTANT! THIS WORKOUT SHOULD BE DONE ON PRACTICE DAYS OR OFF DAYS, BUT NEVER ON GAME DAYS. YOUR MUSCLES NEED TIME TO GROW AND RECOVER, SO BE SURE TO DO THIS A COUPLE DAYS BEFORE GAMES OR IN THE OFFSEASON.**