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Old School Values with New School Technologies

WARM-UP DRILLS

WALK ON TIP TOES / WALK ON HEELS

STEP – HOPS

HIGH KNEES / BUTT KICKS

JOG UP / JOG BACKWARDS

CARIOCA UP / BACK

JOG UP / JOG BACKWARDS

TOE TOUCHES UP / BACK

RUN UP / RUN BACKWARDS

10 PUSH-UPS

SPRINT UP / SPRINT BACKWARD

FUNCTIONAL FITNESS WARMUP

SHOULDER SHRUGS -ROLL FORWARD & BACKWARD - SWIM

SAWS FB – CB – CH

OVER UNDER FB – CB – CH

WHY ME'S-THUMBS UP & DOWN

FLEX-T PUSH PULLS - (SQUEEZE SCAPULA)

PUSH & PULL -IN, OUT, UP, DOWN

CIRCLE F & B

SWIM

TWIST L & R

90-90 PUSHING UP AND DN ON RIGHT HAND

FB-CB-CH

90-90 PUSHING UP AND DN ON LEFT HAND

FB-CB-CH

PREACHERS W/ FLARE

PUSH HANDS L & R

PUSH HANDS FB-CB-CH

SPIDER ON MIRROR (PUSH EACH FINGER)

PREACHERS - (SQUEEZE SCAPULA)

PUSH ELBOWS AND HANDS TOGETHER

FB-CB-CH

PRESS FOREARMS TO RIBS

HANDS OVER HEAD

ARM CIRCLES -L,M,S- (SQUEEZE SCAPULA)

FORWARD -FB-CB-CH

BACKWARD -FB-CB-CH

FLEX-T PULLS (FB, CB, CH)

CORD WORK

FACING FENCE

ROLL FW & BW (FB, CB, CH) STANDING IN RELEASE POINT POSITION

SWIM FW & BW (FB, CB, CH) STANDING IN RELEASE POINT POSITION

FLEX T PULLS (FB, CB, CH) STANDING IN RELEASE POINT POSITION

90-90 (FB, CB, CH) STANDING IN RELEASE POINT POSITION

SAWS (FB, CB, CH)

EXT. AND INT. ROTATION (FB, CB, CH)

FACING FIELD

ROLL FW & BW (FB, CB, CH) STANDING IN RELEASE POINT POSITION

SWIM FW & BW (FB, CB, CH) STANDING IN RELEASE POINT POSITION

FLEX-T PUSHES (FB, CB, CH) STANDING IN RELEASE POINT POSITION

90-90 (FB, CB, CH) STANDING IN RELEASE POINT POSITION

PINKMAN BASEBALL THROWING DRILLS

SINGLE ARM THROWS (W/GLOVE) – Feet s/w apart / Ball in throwing hand / place ball in glove / in one motion pull back with both elbows and spread out the hands and throw the ball toward target / glove hand should finish squeezed and firmly in front of face / keep knees bent and bend at waist during follow through head should remain over hips

TORQUE DRILL – Feet s/w apart / Ball in throwing hand / place ball in glove / turn shoulders to throwing arm side / pull out elbows ending up in a Flex-T pos. / elbows should be shoulder height and hands turned out / squeeze and swivel glove / throw ball to target / head should remain over hips / keep knees bent and bend at waist during follow through

FLEX – T DRILLS – Feet s/w apart / Elbows shoulder height / Hands equal and opposite / Shift weight back foot to front foot / pivot back foot / squeeze and swivel glove hand / throw / place chest on knee / keep back foot planted

BALANCE – T -- Go through Flex – T / let ball hit net/partner then lift back leg up and Balance

HIGH 5 DRILL – Player faces target (chest facing target) / glove up in front chest high / ball is in high 5 position / step with glove side foot / squeeze glove hand / keep head straight and throw ball to target / follow through with chest pulling down and the back leg lifting up

BALL OF FOOT POSITION– Turn sideways in the stretch position / start with hands down by belly button and glove hand tip toe on the ground / extend to home plate with glove hand foot, nose, and arms (all at once), make sure to squeeze and swivel with glove hand / take chest to knee / lift back leg up and follow through

STEP BEHIND DRILL – Stand in a ready position glove hand shoulder facing net/partner / right handers will step forwards with left foot, step right foot behind, step left again / extend to the Flex – T position / squeeze-swivel / throw and follow through

KNEE DRILL – Kneel down on both knees / keep head still / turn glove hand shoulder to target / find equal and opposite / squeeze-swivel glove hand / throw / land on throwing hand /make sure head remains over belly button