

Swinging Program

- Start with an every other day program

Dry Swings with a bat

Start at 50% activity and increase as tolerated.

Day 1 – 1 set of 25 swings

Day 2 – 2 sets of 25 swings

Day 3 – Increase intensity. Keep swings at 50 – 75 total.

- Once you have reached 100% intensity, begin tee work.

Tee Work

Begin with 100% dry swings

Start tee work at 50% and 25 swings

Day 2 – 2 sets of 25 swings

Day 3 – Increase intensity. Keep swings at 50- 75 total.

- Once you have reached 100% intensity, begin soft toss

Soft Toss

Begin with dry swings (25) and then tee work (25)

Day 1 – 25 swings at 50% intensity

Day 2 – 2 sets of 25 swings

Day 3 – Increase intensity. Keep swings at 50-75 total.

- Once you have reached 100% intensity – start coach's BP.



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