

GE BASEBALL

HIGH SCHOOL PLAYER

2019 FALL – OFF-SEASON DEVELOPMENT CALENDAR

Sept – Oct – Mid November	Mid November – December	January
FALL PLAYER DEVELOPMENT WORKOUTS ~ Sunday's (On Field)	STRENGTH TRAINING ~ 3 to 6 Days a Week (Thru January)	PRE-SEASON TRAINING PROGRAM
OFF-SEASON STRENGTH TRAINING ~ 3 to 6 Days a Week HIGH INTENSITY INTERVAL TRAINING PROGRAM ~ Minimum 3 Days a Week FLEXIBILITY TRAINING ~ Every Day	HIGH INTENSITY INTERVAL TRAINING PROGRAM ~ Minimum 3 Days a Week (Thru January) Flexibility Training ~ Every Day (Thru January)	SATURDAY'S & SUNDAY'S (ON FIELD) ~ Our version of Spring Training Designed to allow players to take as many Ground Balls, Fly Balls & hit as much as they can – as well as conduct other baseball aspects to put players in a position to show up for their high school season in mid-season form & ready to go
FALL THROWING & ARM CARE PROGRAM ~ 3 Days a Week		PRE-SEASON PROGRESSIVE THROWING PROGRAM PRE-SEASON PROGRESSIVE CONDITIONING & CORE PROGRAM