

.400 CLUB

DEMAND GREATNESS

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INTRODUCTION: .400 CLUB

Dear Tiger,

Welcome to the .400 Club. This curriculum was designed to build-off your 7 week online winter training course found in the VIP section. This six week curriculum is to be used 2-3 days per week. Each week has a designated outline with drills and exercises. We have specifically made this for the Tiger Center in St. Louis, but it can be duplicated in any facility. You will just need to tailor it to your cage layout. If you follow this plan, you will notice a huge difference in your swing. We know you will find great success. Please watch the video for further explanation on the course.

Sincerely,

Spiker Helms and Chris Nash

GOALS OF COURSE :

1. CREATE FUNCTIONAL STRENGTH TO SUPPORT THE SWING
2. START DEVELOPING POWER
3. UPON COMPLETION OF THIS COURSE PLAYERS UNDERSTAND THE KEY AREAS THEY NEED TO FOCUS ON IN BUILDING AN EXTREMELY VIOLENT SWING



HOW THIS COURSE WORKS



**PLAN IS OUTLINED ON
1ST PAGE OF EACH
WEEK**



INDICATES EXPLAINER VIDEO. CLICK IT.

| WEEK 1: DEVELOPMENT OF FUNCTIONAL STRENGTH IN THE SWING | | | |
|---|---|--|---|
| | BIG CAGE | CAGE 1 | CAGE 2 |
| BULLPENS | BREAKING BALLS 1st ball 1st swing | TIGER 8P ROUTINE 3rd ball 1st swing 1st 3rd swing 1st 2nd swing 1st 3rd swing 1st 4th swing | OUTSIDE TEE WITH INSIDE FRONT TOS 1st ball 1st swing 1st 2nd swing 1st 3rd swing 1st 4th swing 1st 5th swing |
| | | | 1st 6th swing 1st 7th swing 1st 8th swing 1st 9th swing 1st 10th swing |
| | REST | 4th-5th Flips | 1st 11th swing 1st 12th swing 1st 13th swing 1st 14th swing 1st 15th swing |
| WALKING AREA | | | |
| WEIGHT ROOM | | | |
| 10-15 MINUTE STRETCH OF AFTERBURN AT 10:30 AT 10:45 RETURN TO LOCKER | SET 1 3x20 upright RFL 1 under 40 sec 3x20 explosive backsteps 3x20 explosive backsteps | | SET 2 3x20 DB box step-ups 3x15 wall sit 3x15 overhead lunges |

**CAGE LAYOUT ON 2ND
PAGE OF EACH WEEK**



***DYNAMIC WARM-UP
ROUTINE LOCATED IN
APPENDIX***



WEEK 1

DEVELOPING FUNCTIONAL STRENGTH

WEEK1: DEVELOPING FUNCTIONAL STRENGTH IN A SWING

OBJECTIVE: using the combination of weight lifting exercises with hitting drills to help produce a functionally sound swing. Engage the muscles that are needed to help the player feel his swing correctly.

FORMAT: 10 minute dynamic warm-up, 4 stations at 12 minutes

BIG CAGE: hack Attack Machine, 2 bunts, curve balls,

CAGE 1: bp routine

CAGE 2: outside tees 1 X 10

front toss with outside tee (hold ball the utter hits the outside pitch) 3 x 10

WEIGHT ROOM:

Circuit training stations

1. sprints
2. squats
3. DB bench press
4. DB box step ups
5. wall balls
6. DB alt lunges



WEEK 1: DEVLOPMENT OF FUNCTIONAL STRENGTH IN THE SWING

BULLPENS

BIG CAGE

HACK ATTACK

BREAKING BALLS

2x5 bunts
4x5 swings

CAGE 1

INSTRUCTOR BP

TIGER BP
ROUTINE

1x3 bunts
1x3 oppo
1x3 hit n run
1x3 get'em over
1x3 get'em in
1x3 gap to gap

CAGE 2

FRONT TOSS

OUTISE TEE
WITH INSIDE
FRONT TOSS

set tee on outside corner
tosses fakes, hitter hits
outside pitch

REST

4x6 tire flips

speed ladder

-2ft in each box
-lateral scissors
-single leg hops

WALKING AREA

WEIGHT ROOM

SET 1

3x15 sprints (level 3) under 60 sec
3x20 explosive backsquats
3x15 DB explosive bench press

SET 2

3x20 DB box step-ups
3x15 wall balls(10lbs)
3x15 DB alternate lunges

10 MIN DYNAMIC WARM-UP
4 STATIONS AT 12 MIN
45 SECOND SWITCH TIME

WEEK 2

CREATING BALANCE

WEEK 2: CREATING BALANCE

OBJECTIVE: building on our last week of functional strength, we continue with balance. To create balance we must be functionally strong. We incorporate our weight lifting and drill sets with this in mind. Complete balance will equal more powerful swings.

FORMAT: 10 minute dynamic warm-up, 4 stations at 12 minutes

CAGE 1: load and stride over toss with coach, load & stride on balance board.

CAGE 2: resistance band swings, mb burpee slams, split lunge rotational tosses

BIG CAGE: angle Hack Attack machine drill with 3 plate drill (moving forward)
2 x 6 from each plate.

WEIGHT ROOM:

1. stability ball DB bench press
2. bosu ball DB front squat
3. single leg squats (use black band)
4. lateral bounding jumps
5. bosu ball rdl



WEEK 2: CREATING BALANCE

BULLPENS

BIG CAGE

HACK ATTACK

MACHINE

MACHINE AT
ANGLE
W/ 3 PLATE



4x6 load n stride
balance board

CAGE 1

INSTRUCTOR BP

BP W/
CROUCHING
TIGER

4x6 load n stride
balance board

CAGE 2

TEE

RESISTANCE
BAND SWINGS

4x8 medicine ball
- split lunge rotational
toss
- mb burpees
w/slam

WALKING AREA

WEIGHT ROOM

SET 1

3x10 stability ball DB bench press
3x10 bosu ball DB front squat
3x10 single leg squats (use black band)

SET 2

3x6 lateral bounding jumps
3x10 bosu ball rdl

10 MIN DYNAMIC WARM-UP
4 STATIONS AT 12 MIN
45 SECOND SWITCH TIME

WEEK 3

GENERATING POWER

WEEK 3: GENERATING POWER

OBJECTIVE: creating power through explosive movements and overloading swings with bats and heavy balls.

FORMAT: 10 minute dynamic warm-up, 4 stations at 12 minutes

CAGE 1: tire swings with heavy bat and overhand toss | 4x8 mb split lunge slams

CAGE 2: heavy ball swing | 4x8 mb partner tosses (straight on, angle left, angle right)

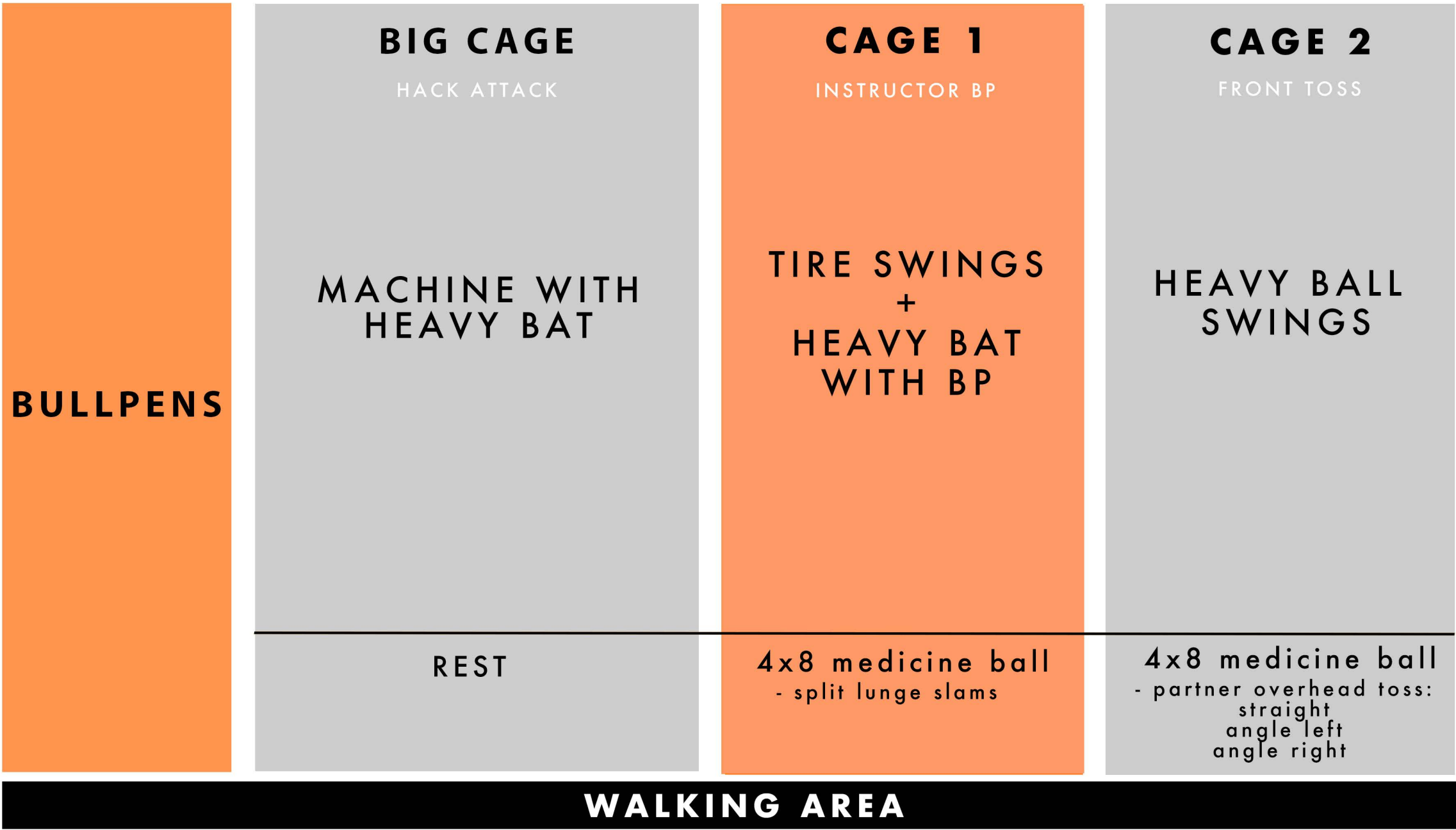
BIG CAGE: heavy bat with machine

WEIGHT ROOM:

1. explosive dead lifts
2. seated explosive box-jump jumps
3. sled pushed (level 4)
4. explosive bar bench press
5. stability ball push-ups



WEEK 3: GENERATING POWER



10 MIN DYNAMIC WARM-UP
4 STATIONS AT 12 MIN
45 SECOND SWITCH TIME

WEEK 4

P O W E R T R A N S F E R

WEEK 4: POWER TRANSFER

OBJECTIVE: understanding how to transfer your weight into power. This will involve a strong weight shift back and purposeful forward progression towards the ball.

FORMAT: 10 minute dynamic warm-up, 4 stations at 12 minutes

CAGE 1: load stride with pvc pipe | 4x8 lateral bounds

CAGE 2: rocker drill with base, overhand toss | 4x8 resistance bands side shuffles

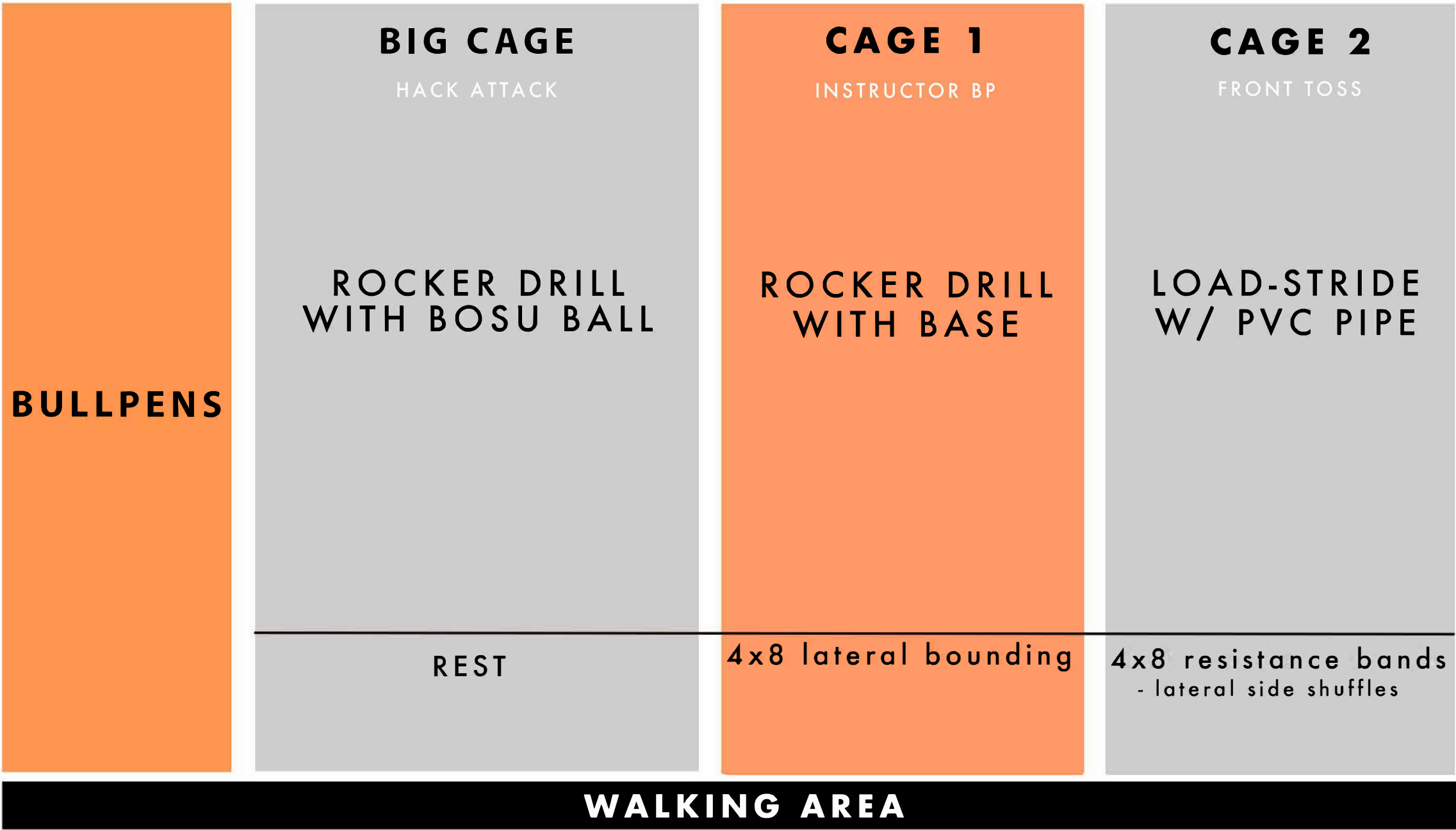
BIG CAGE: rocker drill with bosu ball with machine

WEIGHT ROOM:

1. DB lateral lunges
2. closed handed pull-ups
3. sprints level 3
4. incline DB bench press
5. standing bosu ball mb chest pass
6. single leg hurdle jumps



WEEK 4: POWER TRANSFER



10 MIN DYNAMIC WARM-UP
4 STATIONS AT 12 MIN
45 SECOND SWITCH TIME

SET 1

3x10 DB lateral lunges
3x10 pull-ups
3x15sec sprints (level 3)

SET 2

3x10 incline DB bench press
3x10 standing MB ball chest pass
(10lb)
3x10 single leg hurdle jumps

WEEK 5

TRAIN YOUR EYES

WEEK 5: TRAINING YOUR EYES

OBJECTIVE: see ball, hit ball, ,mastering your eye-hand coordination

FORMAT: 10 minute dynamic warm-up, 4 stations at 12 minutes

CAGE 1: 4X rapid toss | double ball toss | 4x8 one hand catches

CAGE 2: high speed tennis ball with broom stick | 4x8 one hand catches

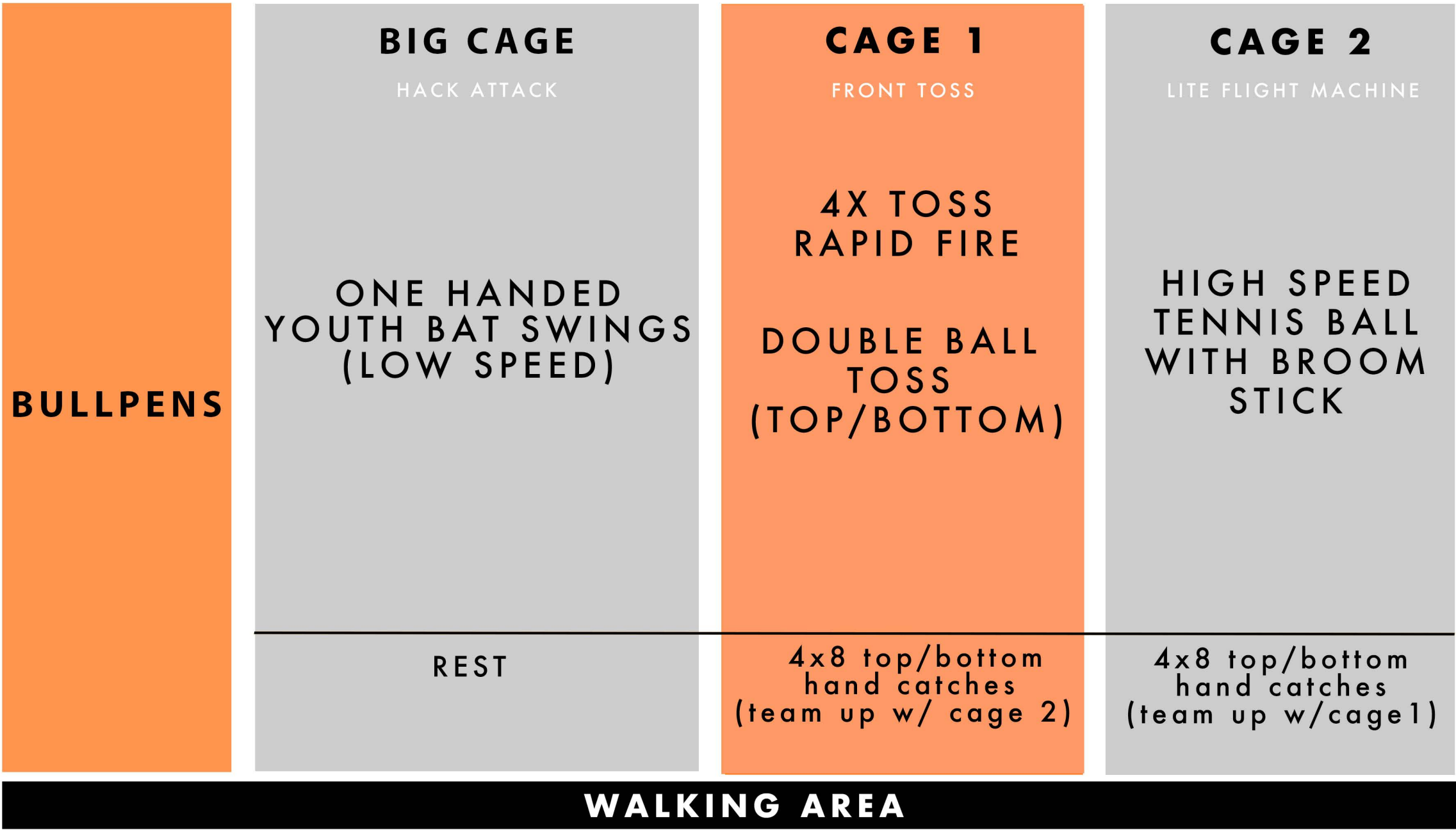
BIG CAGE: one handed swings off machine

WEIGHT ROOM:

1. bosu ball single leg tennis ball catches
2. ladder tennis ball tosses on speed ladder
 - a. 3 x lateral tennis ball tosses
 - b. 3 x two feet in tennis ball tosses
 - c. 3 x single leg hop tennis ball tosses
 - d. 3 x lateral scissors tennis ball tosses



WEEK 5: TRAINING YOUR EYES



WEIGHT ROOM

SET 1

3x8 bosu ball single leg
tennis ball catches

SET 2

SPEED LATTER
3X latteral TB tosses
3X two ft in TB tosses
3X single leg TB tosses
3X latteral scissors

10 MIN DYNAMIC WARM-UP
4 STATIONS AT 12 MIN
45 SECOND SWITCH TIME

WEEK 6

G A M E R E A D Y

WEEK 6: GAME READY

OBJECTIVE: final preparations for the players before they head into the season. Introducing game scenarios.

FORMAT: 10 minute dynamic warm-up, 3 stations at 15 minutes

CAGE 1: simulation game

CAGE 2: simulation game

BIG CAGE: curve balls with front toss | tire holds | russian twist mb tosses

WEIGHT ROOM:

1. wall squat plate passes
2. push-up plank holds with plate
3. sprints
4. farmer walks



WEEK 6: GAME READY

BULLPENS

BIG CAGE

HACK ATTACK

MACHINE

CURVE BALLS
W/ FRONT TOSS

L-SCREEN

*ALTERNATE THROWS

TIRE HOLDS
MB RUSSIAN TWISTS TOSS

CAGE 1

CAGE 2

INSTRUCTOR BP

SIMULATED
GAME

WALKING AREA

WEIGHT ROOM

SET 1

3x45sec wall squat plate pass

SET 2

4x30sec push-up plank holds
w/ 5-10lb plates on back

SET 3

3x20sec sprints (level 2)

SET 4

3x20sec farmer walks

10 MIN DYNAMIC WARM-UP
3 STATIONS AT 15 MIN
45 SECOND SWITCH TIME

WEEK 7

CHAMPIONSHIP READY

WEEK 7: CHAMPIONSHIP READY

OBJECTIVE: final preparations for the players before they head into the season. Introducing game scenarios.

FORMAT: 10 minute dynamic warm-up, 3 stations at 15 minutes

CAGE 1: simulation game

CAGE 2: simulation game

BIG CAGE: curve balls with front toss | tire holds | russian twist mb tosses

WEIGHT ROOM:

1. wall squat plate passes
2. push-up plank holds with plate
3. sprints
4. farmer walks



WEEK 7: CHAMPIONSHIP READY

BULLPENS

BIG CAGE
HACK ATTACK

HIGH SPEED
FASTBALLS
W/ ANGLE TOSS

*REFERENCE WEEK 6

TIRE HOLDS
MB RUSSIAN TWISTS TOSS

| | |
|-------------------|---------------|
| CAGE 1 | CAGE 2 |
| INSTRUCTOR BP | |
| SIMULATED GAME | |

WALKING AREA

10 MIN DYNAMIC WARM-UP
3 STATIONS AT 15 MIN
45 SECOND SWITCH TIME

WEIGHT ROOM

| | |
|---|---|
| <u>SET 1</u> 3x45sec wall squat plate pass | <u>SET 2</u> 4x30sec push-up plank holds w/ 5-10lb plates on back |
| <u>SET 3</u> 3x20sec sprints (level 2) | <u>SET 4</u> 3x20sec farmer walks |

APPENDIX

INFORMATION YOU NEED

DYNAMIC WARM-UP

FORMAT:

DISTANCE LENGTH 20-30 YDS (60FT-90FT)

TIME LENGTH 10 MINUTES

TEAM ROUTINE

3-6 LINES OF 5 PLAYERS

COACH/INSTRUCTOR GUIDES TEAM THROUGH ROUTINE

MOVING EXERCISES:

JOG

BACK PEDDLE

HIGH KNEES

BUTT KICKS

KNEE HUGS TO STRAIGHT LEG

QUAD PULL WITH REACH

INCH WORM

ONE LEG RDL

SIDE SHUFFLES

HIGH KNEE KAREOKE

HIP FLEXOR GRAB

STATIONARY EXERCISES:

LAYING DOWN SCORPIONS x10 each side

LAYING DOWN WINDMILLS x10 each side

STANDING BENT TRUNK TWIST TO STRAIGHT

BACK TRUNK TWIST

ARM CIRCLES FORWARD AND BACK

HIP MOBILITY SERIES x 5 each side

- FIRE HYDRANTS

- FORWARD CIRCLE

- BACKWARD CIRCLE

- STRAIGHT LEG AND ARM UP-DOWNS



EXPLAINER VIDEOS: EXERCISES

WEIGHT ROOM WEEK 1

- SPRINTS
- EXPLOSIVE SQUATS
- DB BENCH PRESS
- DB BOX STEP UPS
- WALL BALLS
- DB ALT LUNGES

WEIGHT ROOM WEEK 2

- STABILITY BALL DB BENCH PRESS
- BOSU BALL DB FRONT SQUAT
- SINGLE LEG SQUATS
- LATTERAL BOUNDING JUMPS
- BOSU BALL RDL

WEIGHT ROOM WEEK 3

- EXPLOSIVE DEAD LIFT
- SEATED EXPLOSIVE JUMP-BOX JUMPS
- SLED PUSHES
- EXPLOSIVE BAR BENCH PRESS
- STABILITY BALL PUSH

WEIGHT ROOM WEEK 4

- DB LATERAL LUNGES
- CLOSED GRIB PULL-UPS
- SPRINTS
- INCLINE DB BENCH PRESS
- STANDING BOSU BALL MB CHEST PASS
- SINGLE LEG HURDLE JUMPS

WEIGHT ROOM WEEK 5

- BOSU BALL SINGLE LEG TENNIS BALL CATCHES
- SPEED LADDER TENNIS BALL TOSSES

WEIGHT ROOM WEEK 6 & 7

- WALL SQUAT PLATE PASSES
- PUSH-UP PLANK HOLDS WITH PLATE
- SPRINTS
- FARMER WALKS



EXPLAINER VIDEOS: CAGE

WEEK 1

- TIGER BP ROUTINE
- OUTSIDE TEE WITH INSIDE FRONT TOSS

WEEK 2

- BP WITH CROUCHING TIGER
- RESITANCE BAND SWINGS
- 3 PLATE DRILL
- 3 HEADED MONSTER

WEEK 3

- MB SPLIT LUNGE SLAMS
- TIRE SWINGS

WEEK 4

- ROCKER DRILL WITH BOSU BALL
- ROCKER DRILL WITH BASE
- LOAD-STRIDE WITH PVC PIPE
- RESISTANCE BAND LATERAL LUNGE
- LATERAL BOUNDING

WEEK 5

- ONE HANDED YOUTH BAT SWINGS
- TOP/HAND BOTTOM HAND CATCHES

WEEK 6 & 7

- TIRE HOLDS

