

# **.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 :

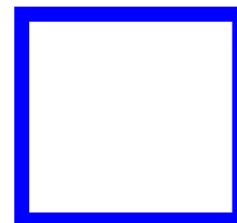
1. CREATE FUNCTIONAL STRENGTH TO SUPPORT THE SWING
2. START DEVELOPING POWER
3. UPON COMPLETION OF THIS COURSE PLAYERS UNDERSTAND THE KEY AREAS THEY NEED TO FOCUS ON IN BUILDING AN EXTREMELY VIOLENT SWING



# 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
<b>BULLPENS</b>	<b>BREAKING BALLS</b> 2x10 heavy 4x10 average	<b>TIGER BP ROUTINE</b> 1x1 heavy 1x1 light 1x1 light 1x1 light 1x1 light 1x1 light	<b>OUTSIDE TEE WITH INSIDE FRONT TOSS</b> 1x1 heavy 1x1 light 1x1 light 1x1 light 1x1 light 1x1 light
	rest	4x4 tire flip	speed ladder 100 yard 100 yard 100 yard
	<b>WALLING AREA</b>		
	<b>SET 1</b> 2x10 sprint (level 1) under 80 sec 2x20 explosive backswing 2x10 DB explosive bench press	<b>SET 2</b> 2x20 DB knee chop 2x10 wall ball (100lb)	<b>SET 3</b> 2x10 DB alternate lunge

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



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



# WEEK 1

DEVELOPING FUNCTIONAL STRENGTH

# WEEK 1: 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

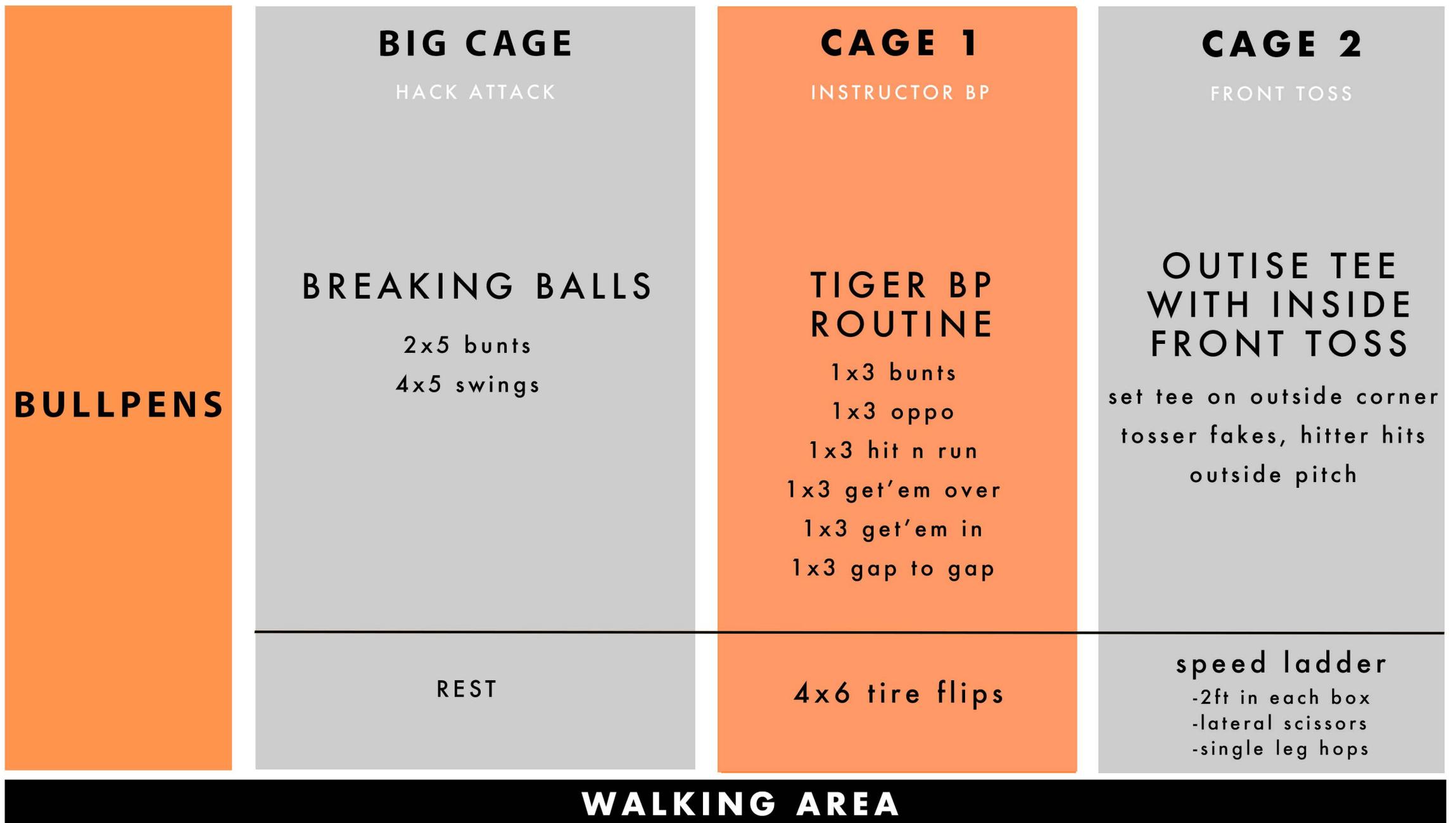
## **WEIGHT ROOM:**

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: DEVELOPMENT OF FUNCTIONAL STRENGTH IN THE SWING



## 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:

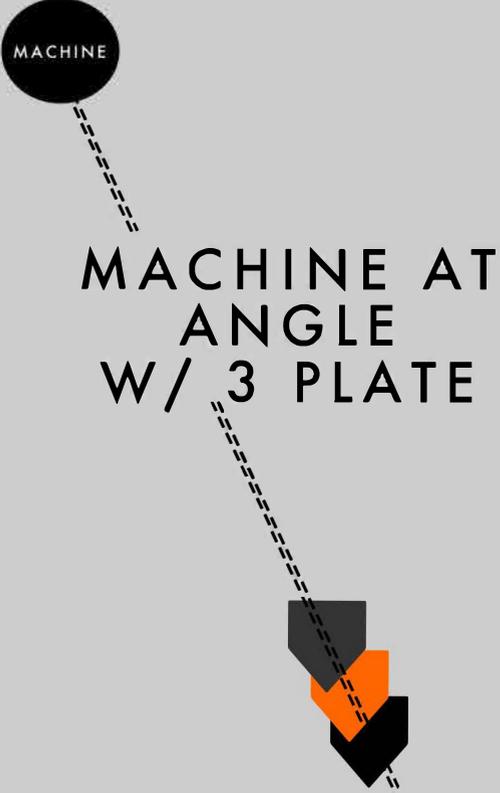
1. stability ball DB bench press
2. bosu ball DB front squat
3. single leg squats (use black band)
4. lateral bounding jumps
5. bosu ball rdl



# WEEK 2: CREATING BALANCE

**BULLPENS**

**BIG CAGE**  
HACK ATTACK



MACHINE AT ANGLE W/ 3 PLATE

The diagram shows a black circle labeled 'MACHINE' at the top left. A dashed line extends from the machine to a stack of three plates at the bottom right. The plates are colored grey, orange, and black from top to bottom. The text 'MACHINE AT ANGLE W/ 3 PLATE' is centered between the machine and the plates.

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

**BULLPENS**

## **BIG CAGE**

HACK ATTACK

MACHINE WITH  
HEAVY BAT

REST

## **CAGE 1**

INSTRUCTOR BP

TIRE SWINGS  
+  
HEAVY BAT  
WITH BP

4x8 medicine ball  
- split lunge slams

## **CAGE 2**

FRONT TOSS

HEAVY BALL  
SWINGS

4x8 medicine ball  
- partner overhead toss:  
straight  
angle left  
angle right

## **WALKING AREA**

## **WEIGHT ROOM**

### SET 1

3x10 explosive dead lifts  
3x10 seated explosive box jumps  
3x12sec sled pushes (level 4)

### SET 2

3x10 bar bench press  
3x10 stability ball push-ups

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

# WEEK 4

POWER TRANSFER

## 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

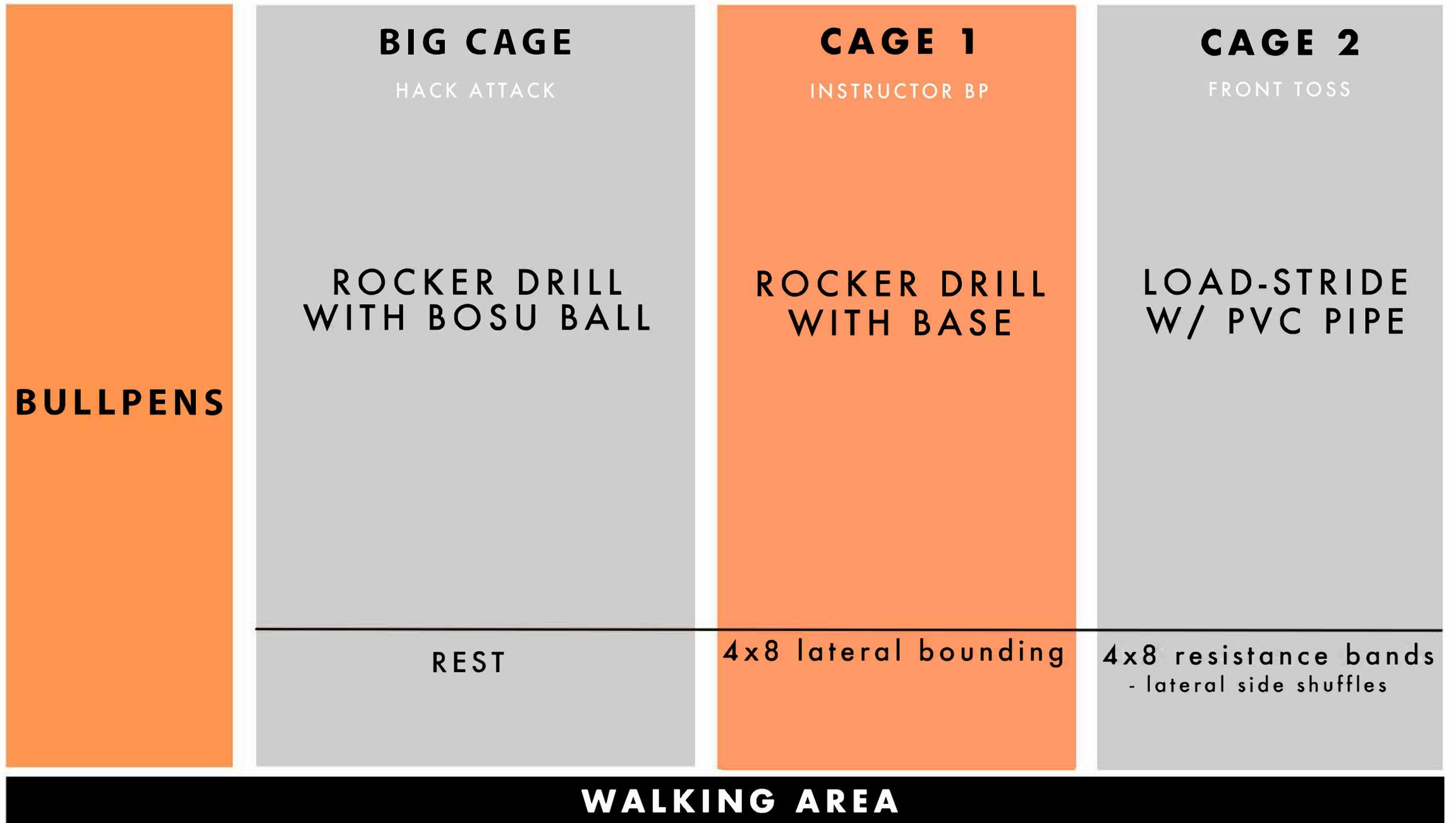
**BIG CAGE:** rocker drill with bosu ball with machine

### **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



## WEIGHT ROOM

### 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

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

# 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

**BULLPENS**

## **BIG CAGE**

HACK ATTACK

ONE HANDED  
YOUTH BAT SWINGS  
(LOW SPEED)

REST

## **CAGE 1**

FRONT TOSS

4X TOSS  
RAPID FIRE

DOUBLE BALL  
TOSS  
(TOP/BOTTOM)

4x8 top/bottom  
hand catches  
(team up w/ cage 2)

## **CAGE 2**

LITE FLIGHT MACHINE

HIGH SPEED  
TENNIS BALL  
WITH BROOM  
STICK

4x8 top/bottom  
hand catches  
(team up w/cage1)

## **WALKING AREA**

## **WEIGHT ROOM**

### SET 1

3x8 bosu ball single leg  
tennis ball catches

### SET 2

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

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

**WEEK 6**

**GAME READY**

# 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

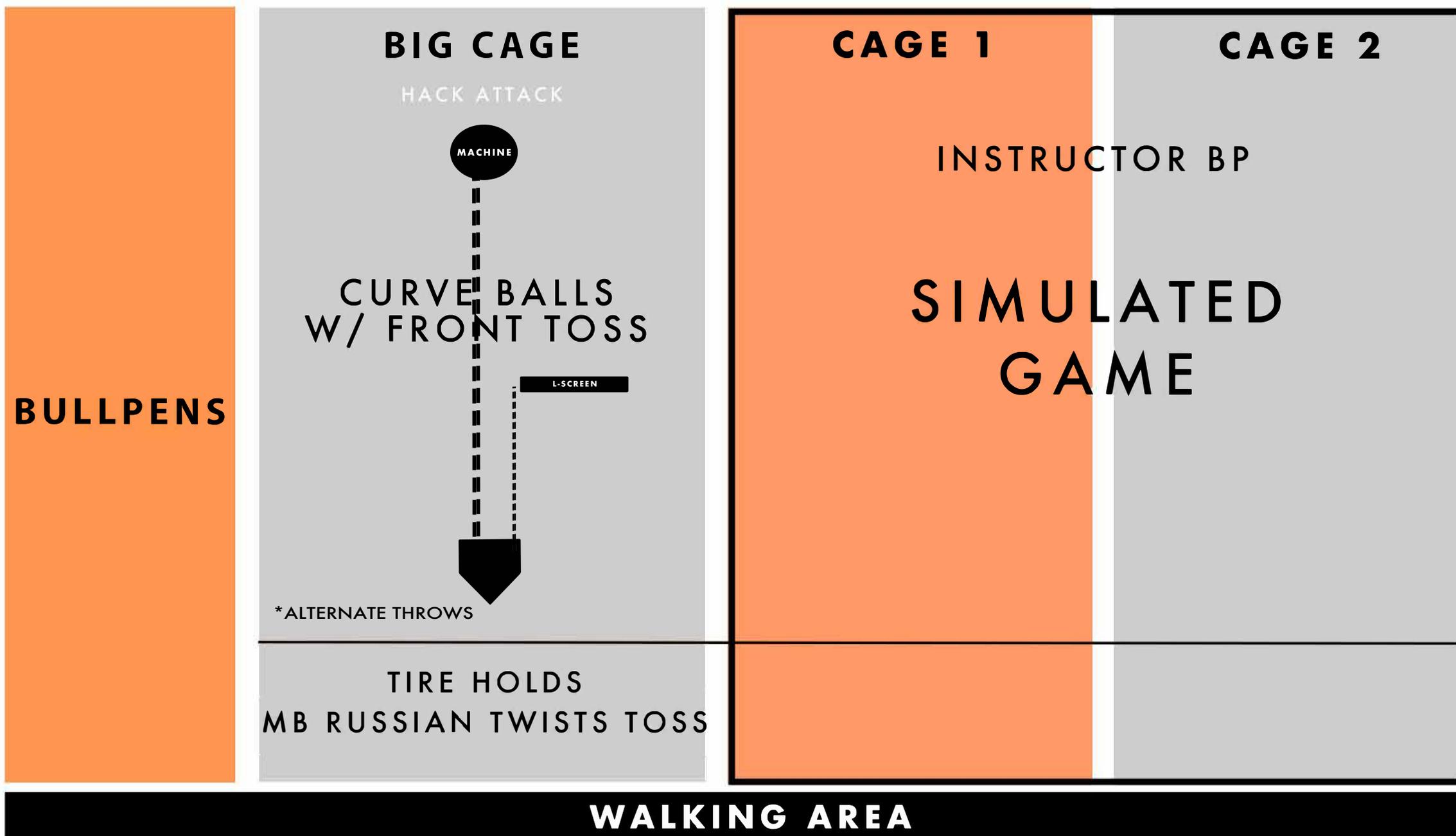
**BIG CAGE:** curve balls with front toss | tire holds | russian twist mb tosses

## **WEIGHT ROOM:**

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



# WEEK 6: GAME READY



## WEIGHT ROOM

### SET 1

3x45sec wall squat plate pass

### SET 3

3x20sec sprints (level 2)

### SET 2

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

### 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**

## **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

# 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 GRIP 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

