

PHYSICAL TRAINING MODEL

This model shows the components of a physical conditioning program for Softball. At Squirt level the emphasis should be on Agility and Flexibility. Pee Wee players should be doing Anaerobic and Dynamic Strength training in their first year, then adding power training in the second. Bantams can continue serious strength and power training with free weight and tubing programs. By the time players graduate to Midget they should be fully conversant with all aspects of fitness for softball, including periodization and peaking for major competition.

GENERAL TRAINING SOFTBALL SPECIFIC

JANUARY	FEBRUARY	MARCH	APRIL	MAY
ENERGY SYSTEMS TRAINING	<u>AEROBIC</u> Continuous (7 Min.) Jog/Run 1-3 Miles	→	<u>ANAEROBIC</u> Intermittent 1-60 Secs. Work/rest = 1:3-5	
FLEXIBILITY TRAINING	<u>GENERAL FLEXIBILITY</u> Static Stretching Total Body	→	<u>SOFTBALL SPECIFIC</u> P.N.F. Stretching for Throwing, Hitting Sprinting.	
STRENGTH TRAINING	<u>MUSCLE ENDURANCE</u> Light Weight High Reps.	→	<u>CONTRACTILE FORCE</u> Heavy Weight Low Reps.	
DYNAMIC STRENGTH			Moderate Resistance High Speed (Tubing) 10-15 Secs.	
POWER			Rebound Training Plyometrics Legs, Arms, Shoulders	
AGILITY TRAINING			Foot Speed Change Direction Cariokas Fly-Ball Footwork	
PHYSICAL PEAKING	<u>PHYSIOLOGICAL OVERCOMPENSATION</u> Control - Workload, Work Intensity, Diet & Rest.			

Coaches interested in more detailed fitness programs can refer to, "**GOLD MEDAL CONDITIONING**", available in hard copy or electronic format.