

YOUTH
YOUTH
YOUTH

YOUTH

**FREE INDIVIDUAL
PROGRAMS**



Use for:

Youth Player
Development Kit

CONTENTS



The Role Of This Program	3
Purpose Of This Program	4
Information & Disclaimers	5
Introducing Skills That Scale	6
How To Get The Most Out Of This Program	8
Dynamic Warm-Up	9
Throwing Program Introduction	10
Throwing Program	14
Hitting Program Introduction	17
Hitting Program	19
Is Resistance Training For Youth Athletes Safe?	25
Resistance Training For Youth Athletes In Application	26
LTAD Games for 9-12 year olds	27
LTAD Game Description	28
13u - 14u Off-Season Resistance Training	30
13u - 14u In-Season Resistance Training	32
Beyond This Program: Additional Resources	34
Thank You	35



General Disclaimer

The book should be undertaken only by athletes who are medically cleared to throw. Consult a physician before starting any new workout regimen. This information is presented as a template only and not a specific recommendation for any individual athlete. All athletes should seek medical advice before beginning this workout program. Since all intended athletes using this program are under the age of 18, seek parental or guardian

The Role Of This Program

A Simple Program for Development

This is designed to give a youth athlete a simple structure for the development of hitting and throwing skills. With throwing we focus on teaching youth athletes the proper warm-up and recovery drills to help them succeed throughout the entirety of their careers. With hitting we are focusing on very clear principles - be on time, move the bat fast and hit the ball hard - with drills and training environments to drive improvement to hitting mechanics, while keeping it fun and engaging.

When To Start

The throwing part of this program can be started anytime of the year. It is a foundational warm-up and cooldown. You should refrain from using any additional “throwing programs” during this time beyond what is expected of athletes at practice: fielding work, bullpens, and catch play.

The hitting program can also be started at anytime. Just be sure that as the program ramps up in the volume of swings that the overall swing volume - from this program, as well as any team training or practices - is not over-taxing the athlete.

Purpose Of This Program

First and foremost, this is designed to give a youth athlete the proper warm-up, throwing, hitting, strength recovery drills to help them succeed throughout the entirety of their careers.

Additionally, we introduce our philosophy on training the Skills That Scale with youth players. We will provide a simple workout that is meant to instill exercises and routines that our older athletes wish they had at a younger age. It is quite common to hear some form of “I wish I knew this when I was younger” from our pro or college athletes.

Our hope is to reduce the amount of injury and regret in baseball.

THIS IS NOT A VELOCITY DEVELOPMENT PROGRAM

This is an everyday arm care routine we wish every parent or coach had at their disposal.

We do have a more complete training guide for youth pitchers that integrates strength and pitching routines for in-season and off-season,

[Hacking the Kinetic Chain Youth.](#) 🌐



Information & Disclaimers

The book should be undertaken only by athletes who are medically cleared to throw and hit.

Consult a physician before starting any new workout regimen. This information is presented as a template only and not a specific recommendation for any individual athlete.

All athletes should seek medical advice before beginning this workout program. Since all intended athletes using this program are under the age of 18, seek parental or guardian consent before starting this program.

Introducing Skills That Scale

Our philosophy on training youth baseball players revolves around the concept of Skills That Scale, which relies on two fundamental and related ideas:

1. The skills you use more frequently are more important than the skills you use less frequently;
2. Putting a majority of our focus into the development of these skills will compound their value over time.

We call them Skills that Scale **because they are the fundamental abilities that should help a player transition from the small 60' baseball field to the big 90° field.** That transition is more daunting if players are not training in a way that prepares them for this massive change, because the big field demands significant skill and motor output.

We also want to consider the biological and psychological reality of working with young children. **Youth players are simply not small adults**—but on a baseball field they are often treated as such.

All too often our expectations of what children should be capable of understanding and executing, in addition to the emotional climate we create for them to perform in, are significantly out of step with anything that would be tolerated in their classroom or other learning environment.

These out of step expectations can take the form of excessive pressure and consequences, **but they can also be found in how we expect children to physically perform.** One of the things that typically differentiates children from adults, and one child from another, is their levels of coordination and motor control, in addition to sheer strength and the ability to apply that strength within the context of a sport specific task.

Hitting a round ball with a round bat is difficult. So is throwing a ball from 46'+ feet away to a plate that is 17" wide.

It is not an exaggeration to say that baseball is one of, if not the most, difficult and complex sports that children participate in—and that's only considering the primary skill tasks, before you even get into the mechanics of actually playing the game.



Our response to this evaluation of the youth baseball landscape is to **prioritize the development of the primary tools for success in the game—hitting and throwing—relative to their importance**, which means making their development a primary training focus. Certainly it is true that there are other pathways to developing young players for future success, but based on a first-principles evaluation of what matters most for young players, we choose to focus primarily on the development of hitting and throwing, as these are simply **the things that players do the most on a baseball field, now and later.**

Having this focus does not mean that we ignore other aspects of player development or that we otherwise neglect teaching players the game of baseball. **A best case scenario implementation of Skills that Scale does not treat baseball like a carnival game.** Instead it simply means you allocate practice time to the things that will make the most impact on a player's ability to compete in the game today, tomorrow and all the days that follow.

Youth baseball should be fun, **and fun is good**, so our desire is for coaches who read this book to understand that in developing these Skills that Scale your players should have fun practices, doing the funnest things on a baseball field, which translates to fun in competition.

HOW TO GET THE MOST OUT OF THIS PROGRAM:



Consistency

Player development does not take place overnight. To get the most out of this program players need to execute the program with as much consistency as possible

Rest & Recovery

Doing more is not always better. This program is generally meant to be done 3 times a week. Players can hit more frequently, but should make every effort to ensure that players take appropriate rest between training days.

Deliberate Practice

Players should always have a deliberate intention. Coaches and parents can help to emphasize as needed and appropriate, to make sure that players are intentional, not aimless, in their training.

External Cues

Players should pay more attention to their outcomes than their mechanics. With athletes of all ages, Driveline strongly recommends coaches direct the player's intention to external cues rather than internal cues. 🌐 This is specifically important when working with youth athletes.

DYNAMIC WARM-UP



Dynamic Warm Up-A Good Warm-Up Is Non Negotiable

The dynamic warm up should be treated as a non-negotiable prelude to any of the activities included in this program, team practices or games.

The purpose of our dynamic warm-up is to:

- Increase blood flow to active muscles
- Raise core body temperature
- Enhance metabolic reactions
- Access joint ranges of motion needed for the coming activity

Specific to the rate of force production and speed, obviously we would not recommend going from 0 to 100 in terms of intensity. So, the structure of our dynamic warm-up should give our players the opportunity to progressively ramp up in intensity as they complete the program.

We'll want to establish our dynamic warm-up area with a maximum distance that works for the majority of the exercises, where we are trying to get a set amount of repetitions within the distance. A distance equal to around half of the base path distance—approximately 30 feet—makes a ton of sense and is easy to set up.

- World's Greatest Stretch
- Hamstring Scoops
- Lateral Lunge with Reach
- Marches
- Pogo Hops Forward
- Pogo Hops Backwards
- Lateral Pogo Hops
- Build Up Sprints:
 - 2x at 70% - Slow walk back to the start line
- Falling Start Sprints:
 - 2x at 100% - Slow walk back to the start line



Throwing Program Introduction

First and foremost, this is designed to give a youth athlete the proper warm-up and recovery drills to help them succeed throughout the entirety of their careers. Additionally, we introduce our philosophy on training youth baseball pitchers. We will provide a simple workout that is meant to instill exercises and routines that our older athletes wish they had at a younger age. It is quite common we hear some form of “I wish I knew this when I was younger” from our pro or college athletes. Our hope is to reduce the amount of injury and regret in baseball, in addition to equipping players with the necessary skills that will help them be competitive in the game for as long as possible.

THIS IS NOT A VELOCITY DEVELOPMENT PROGRAM. This is an everyday arm care routine we wish every parent or coach had at their disposal. We do have a more complete training guide for youth pitchers that integrates strength and pitching routines for in-season and off-season, [Hacking the Kinetic Chain—Youth.](#) 🌐



Driveline's Simple Framework For Developing Youth Pitchers

Throw the ball hard where you want to more often than not.

In our eyes, over-complicating what success means in youth sports has de-emphasized the difficulty of both achieving athletic success as an athlete and the difficulty of teaching the movements as a coach. Young pitchers are pressured to throw hard, on the black, for lots of innings, with perfect mechanics. These are not realistic goals for children at this stage of their athletic lives, and neglect the affects of both biological and skill development that will take place through their teenage years and into adulthood.

The good news is that for a pitcher under 15, achieving success is not complicated. You can get outs with one focus: throw the ball hard where you want to more often than not. Youth hitters, as a whole, tend to have bad mechanics and approaches. They will get themselves out most of the time, if the pitch is in the strike zone. This is the central lesson for youth pitchers. Imposing unrealistic expectations (performance or mechanical) on a young athlete we are setting them up for failure. When we work with young pitchers, our focus is on 3 main things.

1. Teach consistent warm-up and recovery habits
2. Teach good throwing technique
3. Facilitate a love of baseball

Teach Consistent Warm-up and Recovery Habits

Learning a simple, good-enough warm-up and recovery program is a habit that compounds significantly over an athletes career. By simply learning to prepare for competition, the athlete has a lower risk of injury than an unprepared athlete. A warmed-up athlete is going to perform better as well.

Unlike older athletes, younger athletes have a lot of natural joint laxity and can get loose much quicker. However, this does not excuse an all-too-common practice in youth baseball, where players show up to the game, make a few throws, and go pitch. Just because athletes can get away with that does not mean that they should. There are safety and performance benefits to a quick, structured warm-up and recovery. The educational component of the warm-up, learning to do this before competing, also pays dividends.

Teach Good Throwing Technique

Learning a plan early on gives youth athletes a set of habits that will steer them well throughout their entire careers. It will also minimize the I-wish-I-did-more regret that can creep in later on in an athletes life. You can throw a ball without pitching it, but you cannot pitch a ball without throwing it. Throwing is the foundation upon which a long pitching career is built. Having a healthy and stable throwing movement is an asset that grows over time as a youth athletes body learns to better produce and accept force each year. The Plyocare and Wrist Weight exercises in this warm-up use variable weights at moderate effort to help ingrain a more efficient throwing motion into young athletes.

Training time is limited for all athletes. Youth athletes especially have a long window for development; however, their opportunity to develop the type of neurological recruitment pathways needed to throw hard and swing hard later in life is never greater.

Facilitate a Love of Baseball

Kids need to love the game. Sacrificing training time during a young athletes early years to focus on skill-dominant outcomes (like throwing strikes) detracts from training time that is better spent developing the full body sequencing needed to throw and hit well.

Kids have more ways than ever to choose how to spend their time. Baseball becomes increasingly harder at each level. Athletes without a strong love of the game run the risk of completely abandoning it in favor of something else if they are not adequately prepared for the ramp up in difficulty. The easiest way to wash out of this game is to stop liking it. With the love gone, baseball is just two hours of standing in a field.

A Good Warm-Up And Recovery

If the warm-up is not done properly, the rest of the practice, workout, or game will suffer. That's the reason our college and pro athletes spend 30+ minutes warming up. Youth players likely don't need that much preparation, and rarely do youth coaches have that much time to spend prior to any training or competition that follows, but that does not mean that an effective and intentional warm-up does not provide massive benefits for both player health and competitiveness.

Components Of A Good Warm Up

1. Promote good blood flow and raise core temperature of the athlete
2. Mobilize areas of the body where the end range of movement will be taxed
3. Help to stabilize areas of the body from where athletes will push off or experience rapid changes of direction
4. Be fast, simple, and easy to repeat
5. Have no wasted movements for the sake of activity
No use of static stretching when it is not needed.

How To Integrate The Throwing Workout Into Practice

The workout we layout can be used before practice, during the season or on it's own during the off-season.

Here are our recommendations for getting the most out of this warm-up and recovery program.

- During the season, execute this warm-up before practice and games. Use off days to rest. If you are practicing or playing more than 4 times per week, cap the throwing workouts at 4 times per week but still perform the warmup and recovery.
- If you are not playing games, maintain a consistent workout schedule. Do this warm-up and recovery 3 times per week, with a day of rest between each workout. Something like a Monday / Wednesday / Friday or Tuesday / Thursday / Sunday schedule would be the ideal.
- Monitor arm fitness/soreness. If athletes are experiencing arm fatigue, take a day off to manage the soreness. If arm pain is acute, consult a medical professional.
- Take time away from baseball and throwing. Play 3-4 months of another sport or focus on school.
- Build athleticism in sports away from the diamond or execute a body weight or low-intensity lifting program to get stronger for next year.

Integrating Strength And Throwing

Because the job for youth pitchers is simple - throw the ball hard where you want to more often than not - the program for those pitchers to grow and progress has much to do with simple maintenance on an already growing body. Teaching them good recovery habits, the importance of being physically strong, and throwing efficiently will pay big dividends. That is simple to do, it just requires diligent execution year-in and year-out.

Our more advanced program, [Hacking The Kinetic Chain Youth](#), is designed to progress an athlete into physical maturity and comes with a huge video library along with specific, year-round integrated strength and pitching plans - including structured rest times. Think of it as another tool in the toolbox.

THROWING PROGRAM



Throwing Warm Up:

HOW OFTEN: Every time you throw
J-Bands - 10 Reps Each

- Forward Fly
- Reverse Fly
- Internal Rotation
- External Rotation
- Bicep Curls
- Tricep Extensions

Wrist Weights

- Two Arm Swings
- Two Arm Throws
- Cuban Press
- Pivot Pickoffs
 - 10 Reps each
 - Less than 10 Reps is ok when starting out
- we want adequate technical proficiency
more than we want volume

Throwing Program:

HOW OFTEN: How Often: No more than 3-4 times per week



PlyoCare Balls

- Reverse Throws
 - 1 set of 5 - 1000g Green ball
 - 1 set of 5 - 450g Blue Ball
- Pivot Pickoffs
 - 1 set of 10 - 450g Blue ball
- Roll-Ins
 - 1 set of 5 - 450g Blue ball
 - 1 set of 5 - 225g Red ball
- Step Backs
 - 1 set of 2 - 225g Red ball
 - 1 set of 2 - 150g Yellow ball
 - 1 set of 2 - 100g Gray ball
- Walking Wind Ups
 - 1 set of 2 - 225g Red ball
 - 1 set of 2 - 150g Yellow ball
 - 1 set of 2 - 100g Gray ball
- Light Catch Play / Long Toss

Regressions: If players are not able to perform these drills with good form using these specific weights of Plyocare balls, feel free to regress them from the stated ball weights (1000g Green ball and 450g Blue ball) to a lighter pair (450g Blue ball and 225g Red ball) until they establish technical proficiency in the drill series.



Notes: For players who are in-season, we recommend going through the dynamic warm up and throwing program (J-Band, Wrist Weight and PlyoCare throwing), then doing their catch play and/or long toss throwing in practice with their team.

Players should make every attempt to avoid executing this program on back to back days, unless their game schedule demands it. In this case, reduce the volume of catch play and/or long toss as appropriate to avoid fatigue.

If players have multiple games in a single day, we recommend going through the full program before the first game, then using J-Bands as necessary to re-warm up before their second game.



Recovery Best Practices:

- Sleep
 - For players 9-13 years old 9 to 10 hours of sleep after games or practices should be the goal
- Nutrition
 - Be sure to get appropriate calories after competition
 - protein, carbohydrates, vegetables

Recovery Throwing:

HOW OFTEN: When the Athlete feels is appropriate

- If the player feels this helps, then players execute the above post throwing recovery program
- If the player feels more fatigued completing this recovery program then discontinue it
- PlyoCare Upward Tosses
 - 2 sets of 10 - 1000g Green ball
 - 2 sets of 10 - 450g Blue ball
- Band Pull-Aparts
 - 2 Sets of 10
 - Band Across Body - Right Hand High, Left Hand Low
 - Band Across Body - Left Hand High, Right Hand Low
 - Band Behind The Head - Both Hands Working Outward to Extension

Hitting Program

Introduction

This hitting program is designed to give your youth baseball player a series of drills and environments in training that will aid in the development of a strong, adaptable and robust hitter. We pair this with a constant simple intention for our players, designed to keep their focus less on whatever are “perfect” mechanics and more on creating the ideal outcome: hitting the ball hard.

Knowing how much variation there is in hitting - with players needing to get the barrel to the right place, at the right time, with almost limitless variation to speed, spin and movement on a pitch by pitch basis - there is a ton of leverage for us to help players be as adaptable in their movements as possible, with a clear objective to accomplish. It is this clarity of intention - shared between player and parent / instructor - that is going to help our hitters best as they develop their skills over time.

THIS IS NOT A BAT SPEED DEVELOPMENT PROGRAM

While players are likely to see some increase in bat speed executing this training program simply because they are learning to develop intent in their swing, if you're looking to specifically focus on bat speed development you should check out the Axe Bat Speed Trainers, a Blast Motion bat speed sensor - both of which can be used with the same hitting plyocare balls that are included in our Youth Development Kit.

Driveline's Simple Framework For Developing Youth Hitters



Hitting is hard! We understand this implicitly at the highest levels of competition, but often times do not adequately consider the fundamental task difficulty that we put young players under when working on hitting. Parallel to this task difficulty is the fact that some of the best moments in youth baseball revolve around the satisfaction of seeing a player hit a ball hard to help themselves and their team. Understanding both the difficulty of the task and the opportunity for joy is a great first step to establish a framework for ideal youth hitting development.

At it's most fundamental level we want players to:

- Be on time
- Hit the ball hard

Everything starts with training players to get the bat on time of the incoming pitch, so it's important to start the foundation of our approach there. We can scale the difficulty of our hitting training up and down by making modifications to the difficulty of our training environment - relative to the skill level of the hitter - so they can ideally start training with some amount of success, and then we can increase the difficulty over time as their skills progress.

Next we want to be clear about what we are trying to create above all else: hard hit balls. We specifically want to emphasize the priority for hitting the ball hard, because it necessitates two very important things:

- Bat Speed
- Flush Contact

Bat speed is important because it is necessary to create hard hit balls (the pitcher DOES NOT supply the power), and hard hit balls are good because they take away reaction time and distance from fielders who are trying to turn batted balls into outs. As the best way to translate bat speed into a hard hit ball is to create flush contact between bat and ball we need to train accordingly.

While it is understandable that everyone wants their child to have "perfect" swing mechanics, the reality is that a swing is only as perfect as it's result and the outcomes it creates. With the immense amount of variability from pitch to pitch in competition we do not want to groove a swing that is successful on a single pitch location, at a single velocity, in a single location.

Instead, we want to equip our players with tools that give them freedom to find a movement and perceptual solution for a variety of pitches, in a variety of locations, at a variety of speeds - all intended to create the type of batted ball outcomes that are good now and scales successfully as they grow in the game:

hard hit balls (ideally in the air).

HITTING PROGRAM

Purple - Mini Hitting Plyos
Regular - Baseballs



WEEK 1 - 4 Drills

56 Swings Per Day - 3 days Per Week

Drill	Stance	Sets	Reps
Middle Tee	Regular Stance	1 set	8 reps
	<u>Shuffle Swing</u>	1 set	8 reps
Underhand Toss	<u>Offset Open</u>	1 set	8 reps
Overhand Toss	Regular Stance	1 set	8 reps
Overhand Toss	Regular Stance	3 sets	8 reps

WEEK 2 - 8 Drills

72 Swings Per Day - 3 days Per Week



Drill	Stance	Sets	Reps
Middle Tee	<u>Offset Open</u>	1 set	8 reps
	<u>Shuffle Swing</u>	1 set	8 reps
Middle Tee / Side Soft Toss	Regular Stance	1 set	6 reps
	<u>Offset Open</u>	1 set	8 reps
Underhand Toss	<u>Offset Open</u>	1 set	6 reps
	Regular Stance	2 sets	6 reps
Overhand Toss	<u>Offset Open</u>	1 set	8 reps
	Regular Stance	2 sets	8 reps

WEEK 3 - 8 Drills

78 Swings Per Day - 3 days Per Week



Drill	Stance	Sets	Reps
Middle Tee	<u>Offset Open</u>	1 set	6 reps
	<u>Shuffle Swing</u>	2 sets	6 reps
	<u>Step Backs</u>	2 sets	6 reps
Underhand Toss	<u>Offset Closed</u>	1 set	6 reps
	<u>Offset Open</u>	1 set	6 reps
	Regular Stance	2 sets	6 reps
Overhand Toss	<u>Offset Closed</u>	1 set	8 reps
	Regular Stance	2 sets	8 reps

WEEK 4 - 10 Drills

80 Swings Per Day - 3 days Per Week



Drill	Stance	Sets	Reps
Middle Tee	<u>Offset Open</u>	1 set	6 reps
	<u>Offset Closed</u>	1 set	6 reps
	<u>Shuffle Swings</u>	1 set	6 reps
	<u>Step Backs</u>	1 set	6 reps
Underhand Toss	<u>Offset Closed</u>	1 set	6 reps
	<u>Offset Open</u>	1 set	6 reps
	Regular Stance	2 sets	6 reps
Overhand Toss	<u>Offset Closed</u>	1 set	8 reps
	<u>Offset Open</u>	1 set	8 reps
	Regular Stance	2 sets	8 reps



WEEK 5 - 10 Drills

78 Swings Per Day - 3-4 days Per Week

Drill	Stance	Sets	Reps
Low Tee	<u>Shuffle Swings</u>	1 set	8 reps
Middle Tee	<u>Step Backs</u>	1 set	8 reps
High Tee	<u>Kershaw</u>	1 set	8 reps
Underhand Toss / Side Soft Toss	Regular Stance	1 set	6 reps
	<u>Offset Closed</u>	1 set	6 reps
	<u>Offset Open</u>	1 set	6 reps
	Regular Stance	2 sets	6 reps
Overhand Toss	<u>Offset Closed</u>	1 set	8 reps
	<u>Offset Open</u>	1 set	8 reps
	Regular Stance	2 sets	8 reps

WEEK 6 - 10 Drills

88 Swings Per Day - 3-4 days Per Week



Drill	Stance	Sets	Reps
Low Tee	<u>Shuffle Swings</u>	1 set	8 reps
Middle Tee	<u>Step Backs</u>	1 set	8 reps
High Tee	<u>Kershaw</u>	1 set	8 reps
Underhand Toss / Side Soft Toss	Regular Stance	1 set	6 reps
	<u>Offset Closed</u>	1 set	6 reps
	<u>Offset Open</u>	1 set	6 reps
	<u>Kershaw</u>	1 set	6 reps
Overhand Toss	<u>Offset Closed</u>	1 set	8 reps
	<u>Offset Open</u>	1 set	8 reps
	Regular Stance	3 sets	8 reps



Is Resistance Training For Youth Athletes Safe?



Often parents are told to keep their youth athletes out of the weight room and away from resistance training because it will cause the athlete to get injured. The myth of creating injuries from the weight room has been around for a long time and is still commonplace today. There is some truth to the idea that resistance training can harm youth athletes, however it is no more likely to cause an injury than playing any other sport. One study found that it is more likely to sustain an injury by playing football, basketball and soccer than it is performing resistance training in a weight room (1). The instances of a youth athlete sustaining an injury typically comes from inexperience in the weight room by the athlete, poor programming by the trainer, or improper coaching as well as other similar issues.

Studies have found that there are no physiological contraindications for performing resistance training in youth athletes. The opposite has been found, that youth athletes should be performing resistance training to increase neuromuscular control, proprioception, and increasing both bone strength and density.

As long as the youth athlete is performing a training program appropriate for them as well as with guidance from a qualified professional, the athlete will have a low risk of injury.

¹Avery D Faigenbaum, Mythology of youth resistance training, 2022

²<https://publications.aap.org/pediatrics/article/121/4/835/70927/Strength-Training-by-Children-and-Adolescents>

³Risser WL. Weight-training injuries in children and adolescents. Am Fam Physician. 1991;44(6):2104-2108

⁴Mark David Williams, Neuromuscular Training and Motor Control in Youth Athletes: A Meta-Analysis, 2021

How does **Driveline Academy** put resistance training into practice for our youth athletes?



Depending on what the team's playing level is, the High Performance staff will have different plans. For the 12u and under teams they will play games that are training the athletes speed, agility, and strength as well as their proprioception. For the 13u and older teams they will be spending most of their time in the weight room.

12u and under games

The goal of these games are to increase the athletes agility, speed, strength and proprioception while still being fun. They are meant to work on running faster, making quick cuts, jumping higher, etc. all while having fun and keeping the athletes engaged. Some examples of games and what they are trying to teach are - Tennis Ball Dunk Contest, which works on agility and proprioception; Obstacle Course Tag, which works on agility and speed; Medicine Ball Toss Competitions, which works on strength. Each of these games are meant to be fun and competitive between teammates, but still are working on skills that will be useful in competitions as well as their training in the future.

13u and 14u resistance training

The 13u and 14u teams still play games as warmups before they begin their resistance training but the majority of time will be spent in the weight room. At this age the goal of the training is to learn the foundational movements of how to squat, hinge, push and press. It is important to lay the groundwork during this time so as to prepare them for future training. At this age coaches emphasize the importance of correct technique over increased weight. One of the most common mistakes as a coach while working with these ages is to progress the athletes too fast or to allow the athletes to increase weights quickly. At this age the goal is to teach technique, it is not to advance a thirteen year old from goblet squats to back squats in three months.

Examples of games that are played in the Driveline Academy can be found on the following pages.

STRENGTH GAMES FOR 9-12



How many games and how long the games will be run will be dictated by the number of athletes you have as well as the time you have. In the below example, the athletes will be split into three equal groups to begin and then will be rotated through game stations. Each game will be its own station and will be run for the allotted time before rotating the groups to the next station. After thirty minutes, have the groups come back together, re-make the groups into two equal teams and run the final game as a team vs team competition for fifteen minutes.

Each of the games listed below lists a minimum number of athletes required to play and a recommended maximum, however with more space and resources the games can be scaled to any number of athletes. Additionally the equipment for the games can be substituted (a bat can be used for pvp pipe hurdle, a glove can be used as a cone or obstacle etc.).



"Some of the example videos here will likely show equipment you are unlikely to find on a field. Feel free to use cones, medicine balls or other available equipment to substitute."

Day 1

45 minutes

Game	# of Athletes	Time	Type
<u>Obstacle Course Tag</u>	2-8	10 Minutes	Agility
<u>Tennis Ball Dunk Contest</u>	2-10	10 Minutes	Agility
<u>Tennis Ball Chase Race</u>	2-10	10 Minutes	Speed
<u>Med Ball Relay Race</u>	2-8	15 Minutes	Strength/Agility

Day 2

45 minutes

Game	# of Athletes	Time	Type
Medicine Ball Toss Competition	2-8	10 Minutes	Strength
<u>High Jump Competition</u>	2-10	10 Minutes	Agility
<u>Tail Tag</u>	2-10	10 Minutes	Agility/Speed
<u>Team Obstacle Course Relay Race</u>	2-10	15 Minutes	Agility/Speed

Day 3

45 minutes

Game	# of Athletes	Time	Type
<u>Run Around PK Throw</u>	2-10	10 Minutes	Strength
<u>Red Light Green Light</u>	1-10	10 Minutes	Agility/Speed
<u>Spin The Bottle</u>	2-8	10 Minutes	Agility/Speed
Capture The Flag	4-10	15 Minutes	Agility

GAMES DESCRIPTION



Obstacle Course Tag

A typical game of tag, only there will now be obstacles to use to get away from the tagger.

Ways to change the game - more taggers, a way to freeze the runners, etc.

Tennis Ball Dunk Contest

Game set up: the coach is holding a basket up like a hoop with a line of athletes about 10 feet away. One athlete will go at a time. They will run near full speed towards the box, step up onto it, and jump off of the box. The coach will throw the tennis ball. The athlete will catch it mid-air after jumping off the box and dunking the ball into the 'hoop.

Ways to change the game - Add a trampoline, use multiple tennis balls, and change the height of the box.

Tennis Ball Chase Race

Athletes will pair up with someone of similar speed. They will stand next to or near the coach. The coach will throw the tennis ball, and the athletes will race to catch the ball.

Ways to change the game - change the athletes' setup (standing straight, facing backward to start, starting from a pushup position, starting on their knees), change how many athletes are going together, and change the distance the athletes are running.

Med Ball Relay Race

This game will require multiple medicine balls or other objects the athletes can carry. We will use a 2, 4, and 6-pound medicine ball for this example.

Have medicine balls lined up on one side of the play area in a line. Split each team to each side of the play area, with athletes on each end. Players on the end of the area opposite the medicine balls are up first. They will run and pick up a medicine ball and bring it back to where they started. After placing that ball on the ground, they will return for the second ball, then the third ball repeating the process. Once all three balls are on the opposite end of the play area from where they started, the next player will go. This player will start from the medicine balls' original position and repeat the process the first athlete performed. Athletes will do this until everyone on their team is done.

Ways to change the game - have different objects (tennis ball, medicine ball, bands) so not each object is the same shape/size, change how the athletes are running (on the way to get a ball, instead of running, they have to skip, bear crawl, go backward, etc.).

Med Ball Toss Competition

Split the group into groups and have the two groups compete against each other. One athlete will perform a medicine ball throw at a time, and the coaches will mark where the balls land. After each athlete in a group performs a throw, the side that threw the medicine ball further wins. Ways to change the game - use different size medicine balls each round, change how the athletes throw the balls (scoop toss, granny toss, backward, etc.)

High Jump Competition

Coaches will set up the height of the PVC pipe or adjustable hurdle. The athletes will go one at a time and run a short distance before jumping over the hurdle. After each athlete performs the jump, the coach will raise the height of the pipe/hurdle, and the athletes will jump again. If athletes don't get over the pipe/hurdle, they are out. This is repeated until there is a winner.

Ways to change the game - increase/decrease the amount of space the athletes can run, jump from two legs vs. one leg, and do lateral jumps instead of forward-facing jumps.

Tail Tag

Athletes will either put on flag football flags or take a band and tuck it into their waistband on their back. Athletes are then confined within a specific space (in this example, a 30-yard field) and are to try to get the other athletes' flags/bands while protecting theirs. You can run, dodge, jump, roll, whatever you need to do to prevent others from stealing your flag/band, but you are out as soon as your flag is taken.

Ways to change the game - decrease the playing area and add obstacles in the play area.

Team Obstacle Course Relay Race

Athletes will be split into two teams. An obstacle course will be constructed for them. The next athlete will go once the athlete returns to their starting position.

Ways to change the game - the winning team can add/subtract obstacles and change the way they have to run through the course (side-ways, with a partner, etc.)

Run Around PK Throw

Set up two cones on either side of the play area. This will be the goal. One medicine ball will be placed next to one of the goals. Athletes will set up diagonally from each other across the goals. When the coach says go, the athletes will race around to where their opponent originally stood and will either try to block the throw or make the throw through the goals.

Ways to change the game - increase the size of the goals, increase the distance between the goals, change how the athletes can throw the medicine balls

Red Light Green Light

Set up starting and end lines. Athletes will start at the starting zone and try to make it to the end line. When the coach says green light, the athletes can advance. As soon as the coach says red light, the athletes need to freeze where they are and not move. If the coach sees the athlete move, they are sent back to the starting line.

Ways to change the game - instead of saying red light green light the coach can face away from the players and turn to look at the players (when the coach isn't looking you can move when they are looking you can't move). Place a hoop at the end line and give each athlete a tennis ball to get into a basket, adjusting how they move between the lines (crab walking, bear crawls, skips, etc.).

Spin The Bottle

Players form a circle, with a bottle and a tennis ball in the middle. One player spins the bottle, and once the bottle starts spinning the player that the bottle is most closely pointing to goes to pick up the tennis ball, while the other players run away. The player with the tennis ball tries to throw and hit the players sprinting away.

Capture the Flag

Typical capture the flag setup, have two flags on opposite sides of the play area. Each team gets one defender, and everyone else must capture the other team's flag and bring it back to your flag without being tagged.

Ways to change the game - create defense-only zones, allow the players to throw the flags once they are captured, create an obstacle zone that separates the two sides, adjust how many defenders are allowed, and create a zone around the flag that is a safe zone from defenders.

13u-14u Off-Season



Each lifting session has a game that is played first as a warmup. The goal of this program is to begin teaching the athlete the movement patterns that will be used as they get older in the weight room and prepare them for that. RIR means Reps In Reserve, so a set of 5 with a 2RIR load would mean to use a weight that you could complete 7 reps with before failing.

Day 1

Series	Exercise	Intensity/Load	Rest (after set)	Weeks 1-3 (Sets x Reps)	Weeks 4-5	Week 6
Game	<u>Run Around MB Attack and Defend</u>	5 min	30 sec			
A1	<u>DB Goblet Front Squat</u>	2-3RIR	2 min	3x6	3x6	3x6
A2	<u>Half Kneeling Cable Press</u>	2RIR	1 min	3x8/side	3x8/side	3x8/side
B1	<u>Cable Pull Throughs</u>	2-3RIR	1 min	3x5	3x5	3x5
B2	<u>Half Kneeling Cable Row</u>	2RIR	1 min	3x8/side	3x8/side	3x8/side
C1	<u>Farmers Carry</u>	Moderate-Heavy	1 min	3x20 yds	3x20 yds	3x20 yds
C2	<u>Dead Bugs</u>	Bodyweight	1 min	3x8	3x8	3x8

13u-14u Off-Season



Day 2

Series	Exercise	Intensity/Load	Rest (after set)	Weeks 1-3 (Sets x Reps)	Weeks 4-5	Week 6
Game	<u>Bottle Spin and Run</u>	5 min	30 sec			
A1	<u>DB Alternating Bench Press</u>	2RIR	2 min	3x6/side	3x6/side	3x6/side
A2	<u>Split Stance DB Goblet Squat</u>	2RIR	1.5 min	3x5/side	3x5/side	3x5/side
B1	<u>Band Assisted Pull Ups</u>	Bodyweight	1 min	3x8	3x8	3x8
B2	<u>Glute Bridge Iso Holds</u>	Bodyweight	1 min	3x20seconds	3x20seconds	3x20seconds
C1	<u>Zottman Curl</u>	2RIR	1.5 min	3x6	3x6	3x6
C2	<u>High Plank Shoulder Taps</u>	Bodyweight	1 min	3x8/side	3x8/side	3x8/side

Day 3

Series	Exercise	Intensity/Load	Rest (after set)	Weeks 1-3 (Sets x Reps)	Weeks 4-5	Week 6
Game	<u>Dunk Contest</u>	5 min	30 sec			
A1	<u>Wall Touch DB RDL</u>	2RIR	2 min	3x8	3x8	3x8
A2	<u>Push Ups</u>	Bodyweight	2 min	3x10	3x10	3x10
B1	<u>DB Goblet Step Up</u>	2RIR	1 min	3x8/side	3x8/side	3x8/side
B2	<u>Inverted Row</u>	Bodyweight	1 min	3x6	3x6	3x6
C1	<u>Sled Push</u>	Moderate-Heavy	2 min	3x30yds	3x30yds	3x30yds
C2	<u>Stability Ball Rollouts</u>	Bodyweight	1 min	3x8	3x8	3x8

13u-14u In-Season



Each lifting session has a game that is played first as a warmup. The goal of this program is to begin teaching the athlete the movement patterns that will be used as they get older in the weight room and prepare them for that. RIR means Reps In Reserve, so a set of 5 with a 2RIR load would mean to use a weight that you could complete 7 reps with before failing.

Day 1

Series	Exercise	Intensity/Load	Rest (after set)	Weeks 1-3 (Sets x Reps)	Weeks 4-5	Week 6
Game	<u>Run Around MB Attack and Defend</u>	5 min	30 sec			
A1	<u>DB Goblet Front Squat</u>	2-3RIR	2 min	3x6	3x6	3x6
A2	<u>Half Kneeling Cable Press</u>	2RIR	1 min	3x6/side	3x6/side	3x6/side
B1	<u>Cable Pull Throughs</u>	2-3RIR	1 min	3x5	3x5	3x5
B2	<u>Half Kneeling Cable Row</u>	2RIR	1 min	3x6/side	3x6/side	3x6/side
C1	<u>Farmers Carry</u>	Moderate-Heavy	1 min	3x20 yds	3x20 yds	3x20 yds
C2	<u>Dead Bugs</u>	Bodyweight	1 min	3x8	3x8	3x8

13u-14u In-Season



Day 2

Series	Exercise	Intensity/Load	Rest (after set)	Weeks 1-3 (Sets x Reps)	Weeks 4-5	Week 6
Game	<u>Bottle Spin and Run</u>	5 min	30 sec			
A1	<u>DB Alternating Bench Press</u>	2RIR	2 min	3x6/side	3x6/side	3x6/side
A2	<u>Split Stance DB Goblet Squat</u>	2RIR	1.5 min	3x5/side	3x5/side	3x5/side
B1	<u>Band Assisted Pull Ups</u>	Bodyweight	1 min	3x8	3x8	3x8
B2	<u>Glute Bridge Iso Holds</u>	Bodyweight	1 min	3x20seconds	3x20seconds	3x20seconds
C1	<u>Zottman Curl</u>	2RIR	1.5 min	3x5	3x5	3x5
C2	<u>High Plank Shoulder Taps</u>	Bodyweight	1 min	3x8/side	3x8/side	3x8/side

Day 3

Series	Exercise	Intensity/Load	Rest (after set)	Weeks 1-3 (Sets x Reps)	Weeks 4-5	Week 6
Game	<u>Dunk Contest</u>	5 min	30 sec			
A1	<u>Wall Touch DB RDL</u>	2RIR	2 min	3x8	3x8	3x8
A2	<u>Push Ups</u>	Bodyweight	2 min	3x8	3x8	3x8
B1	<u>DB Goblet Step Up</u>	2RIR	1 min	3x8/side	3x8/side	3x8/side
B2	<u>Inverted Row</u>	Bodyweight	1 min	3x6	3x6	3x6
C1	<u>Sled Push</u>	Moderate-Heavy	2 min	3x30yds	3x30yds	3x30yds
C2	<u>Stability Ball Rollouts</u>	Bodyweight	1 min	3x8	3x8	3x8



Beyond This Program: Additional Resources

Training:

Academy Online: Train with Driveline anywhere in the world For players 9-14 years old

Education:

Youth Baseball Development Certification Course
Hacking The Kinetic Chain Youth

Learning:

Benefits of Simplicity In Youth Hitting Training
Youth Baseball Hitting Mechanics
Managing Little League Pitch Count
Training for Youth Pitching Velocity: High-Intent Throwing

Contact:

Driveline Baseball
23211 66th Avenue S
Kent, WA 98032
425-523-4030
www.drivelinebaseball.com
support@drivelinebaseball.com

Social: Twitter / Instagram / Facebook:
[@DrivelineYouth](https://twitter.com/DrivelineYouth)

Website: www.drivelinebaseball.com/drivelineacademy

A black and white photograph of a baseball player in mid-swing, wearing a helmet and a light-colored jersey. The player is positioned in the center-right of the frame. The background is a dark, textured fence. Large, expressive orange and black brushstrokes are painted across the top-left and bottom-right corners of the image. In the top-right corner, there is a small orange logo consisting of three curved lines.

Thank You!

Thank you for downloading and reading this program. Feel free to email support@drivelinebaseball.com with questions. We are staffed from 10am-5pm Pacific and turnaround 99.5% of requests within a day.