

In-Season Conditioning for Softball

Most athletes and coaches that are serious about the game do some form of strength and conditioning in the off-season. Their goal is to get faster, stronger and more powerful to be more dominant on the field. While they are serious about it in the off-season, a lot of them forget about it during the season.

It is somewhat understandable. Softball is a skills-based sport. You need to spend a lot of time on hitting, fielding, pitching and other skills to excel on the field. Strength and power without good fundamentals is useful. Physical qualities like strength and power helps players to enhance the execution of softball skills such as hitting, pitching, and throwing.

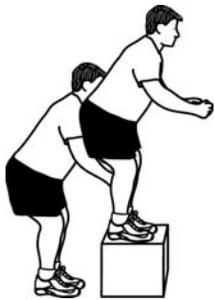
However, while you need to focus on skills and playing during the season, it's important not to forget about strength and conditioning. Softball is a very long season (3-4 months on average) and if you don't do any form of physical training during that time, you will lose a lot of your strength, speed, and power.

If you lose speed, strength and power, you get into a state of detraining and that makes you more susceptible to get injured and your performance decreases. So, you end up at the end of the season when the most important games of the season are played not on top of your game! Is that what you want?

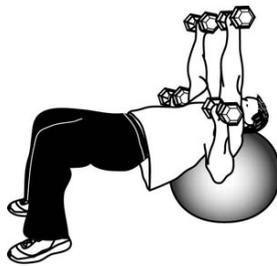
So what do you do in order not to lose all your speed, strength and power during the season? You need to do a maintenance program. A maintenance program is a program where your goal is not to get stronger, faster and more powerful but only to prevent loss of speed, strength and power.

Here are sample maintenance workouts.

Sample workouts #1 – complete 1-2x per week during the season.



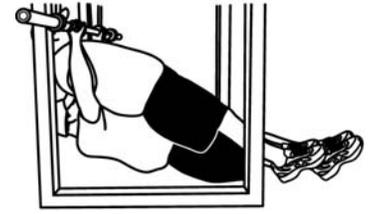
2 x 12 (explosive)



2 x 8-10



2 x 10-12



2 x max



2 x 10 (each leg)



2 x 12-15

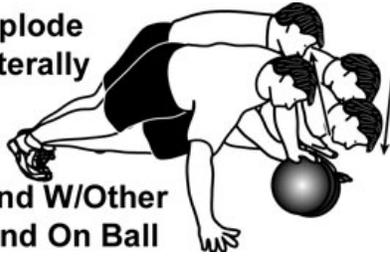
Sample workout #2 – complete 1-2x per week during the season.



2 x 10 (explosive)

Explode Laterally

Land W/Other Hand On Ball



2 x 8-10 (explosive)



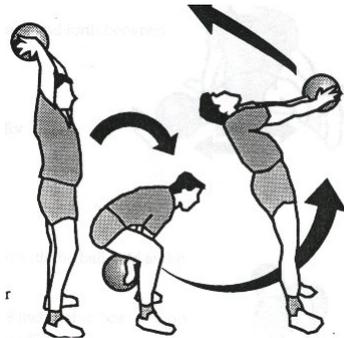
2 x 10 (explosive)



2 x 12 (each leg)



2 x 20 (total; as fast as possible)



2 x 10 (explosive)

These are just sample workouts. There are plenty more things that you can do.

Key principles of maintenance workouts:

- ✓ Short, high-intensity
- ✓ Whole-body exercises
- ✓ Fewer exercises
- ✓ Focus on quality and intensity instead of quantity and volume
- ✓ Integrate power exercises
- ✓ Should be done 1-2x per week

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“Your Softball Peak Performance Coach”