BOMMARITO PERFORMANCE SYSTEMS
BASEBALL SCRIPT

BASE-STEALING SPECIFIC

CAMPS	SST (LINEAR/MULTI FOCUS)	FULL
PLYO	LAT	10 MIN

COMPLEX 1: APPLICATION 10 MIN

LEVEL	EXERCISE SEQUENCE	VOLUME
BASIC	LATERAL RUN TO LINEAR SPRINT	10YD-40YD
ADVANCED	LATERAL RUN TO LINEAR SPRINT RESISTED	20YD-40YD

COMPLEX 2: TECHINCAL 5 MIN

LEVEL	EXERCISE SEQUENCE	VOLUME
BASIC	LINEAR WALL DRILL SINGLE TO SPRINT	4E
ADVANCED	RESISTED ACCEL BOUND	20YD

COMPLEX 1: APPLICATION 10 MIN

LEVEL	EXERCISE SEQUENCE	VOLUME
BASIC	**PULL SLED LINEAR**	
	2-POINT SPRINT (LIGHT)	10YD - 20YD
ADVANCED	**PULL SLED LINEAR**	
	2-POINT SPRINT (MEDIUM)	20YD - 40YD

COMPLEX 2: TECHNICAL 5 MIN

LEVEL	EXERCISE SEQUENCE	VOLUME
BASIC	LAT A-SKIP IND-CONT	20YD
ADVANCED	LAT A-SKIP POWER	20YD

FINISH: APPLICATION 10 MIN

LEVEL	EXERCISE SEQUENCE	VOLUME
BASIC	**BASE STEALING SPRINT**	
	10YD - 60YD	6 - 8 SETS
	SS/ CARIOCA QUICK STEP	6 - 8 SETS
ADVANCED	10YD - 40YD ASSISTED	2 SETS
	SS/ CARIOCA QUICK STEP	8 SETS

LINEAR/BASE-STEALING