



14 Simple Drills for Speed, Agility and Power

**Step By
Step
Workouts**

- Designed For Ages 8-18
- Fun Baseball-Specific Exercises for Athletic Development
- Perfect for Back Yard or Small Space Workouts
- Solo, Partner, or Team Training

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THROWING & CATCHING DRILLS

1.

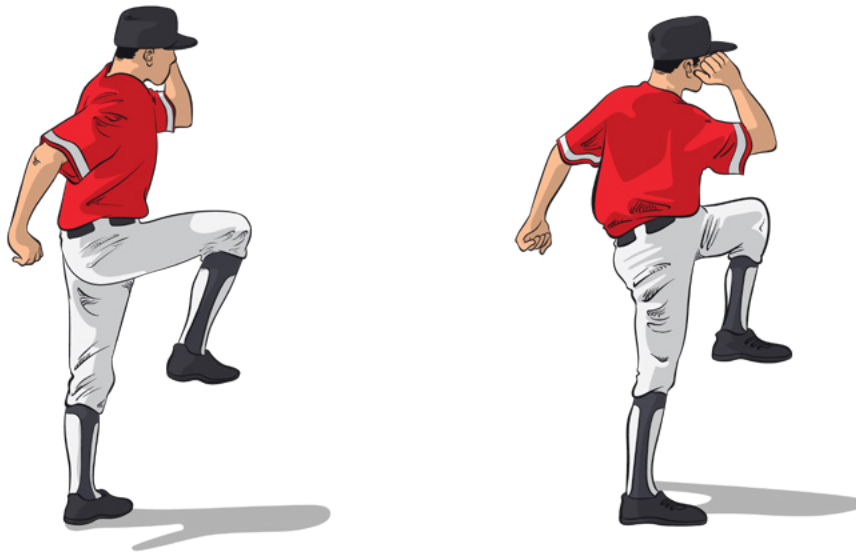
HIGH KNEE WALKS

SETUP:

Player sets up in an athletic position, with 20-30 feet of open space in front of him

PURPOSE:

Helps develop good running form and technique.



Executing the high knee walk.

INSTRUCTIONS:

1. Coach says, "Go" or player starts himself.
2. He walks 20 to 30 feet using a high knee walk.
3. He then turns around and does the high knee walk back to the starting point.
4. Down and back is one rep. Complete 3-4 reps.

COACHING TIPS:

- Swing arms at 90 degree angles when walking – swing hands up to cheek and down to beltline.
- Bring knees to waist level.
- Choose a focal point to stare at while executing the drill – this will help reduce excess body movement that can slow down a runner.
- Start slowly and focus on mechanics. Then as player becomes better at the drill increase the speed.

2.

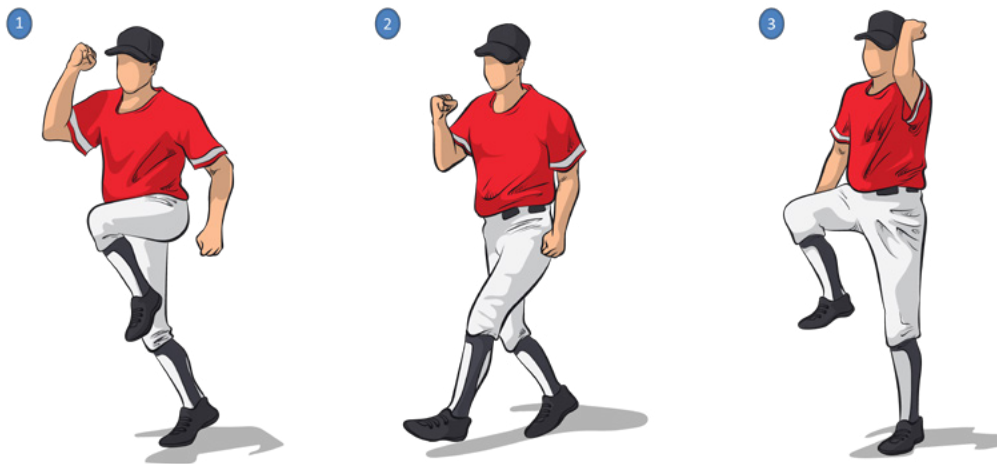
QUICK SKIPS

SETUP:

Player sets up in an athletic position, with 20-30 feet of open space in front of him

PURPOSE:

Develops coordination and agility.



Executing the quick skip.

INSTRUCTIONS:

1. Coach says, "Go" or player starts himself.
2. He run/skips 20 to 30 feet bringing knees to waist level.
3. He then turns around and repeats the movement back to the starting point.
4. Down and back is one rep. Complete 3-4 reps.

COACHING TIPS:

- Players should lock his shoulders and bring his arms to a 90 degree angle as he moves forward.
- He should bring his hands up to the side of the head and down to his beltline.
- Look for a nice, even, smooth skip that has a rhythm and coordination to it.
- Player should try to extend legs as far as possible as he moves.

3.

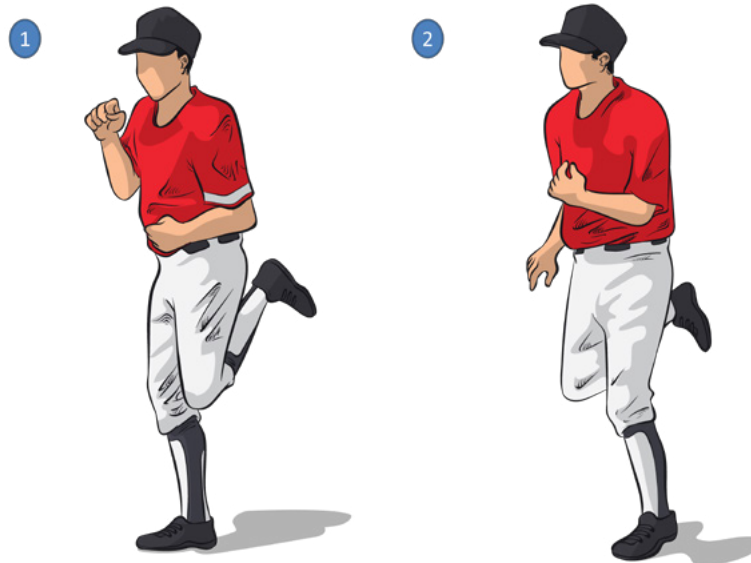
GLUTE KICKS

SETUP:

Player sets up in an athletic position, with 20-30 feet of open space in front of him

PURPOSE:

Helps player develop good leg extension.



Glute Kicks

INSTRUCTIONS:

1. Coach says, "Go" or player starts himself.
2. He runs a predetermined distance – could be 20 to 30 feet or 40-50 feet.
3. As he runs he hits his heels against his butt.
4. He then turns around and repeats the movement back to the starting point.
5. Down and back is one rep. Complete 3-6 reps

COACHING TIPS:

- Player should be pumping his arms.
- This drill is more about getting the heel to the butt quickly than moving forward quickly.
- Player should alternate his rhythm during the drill – going faster sometimes and slower others.
- Player should be landing on the balls of his feet.

4.

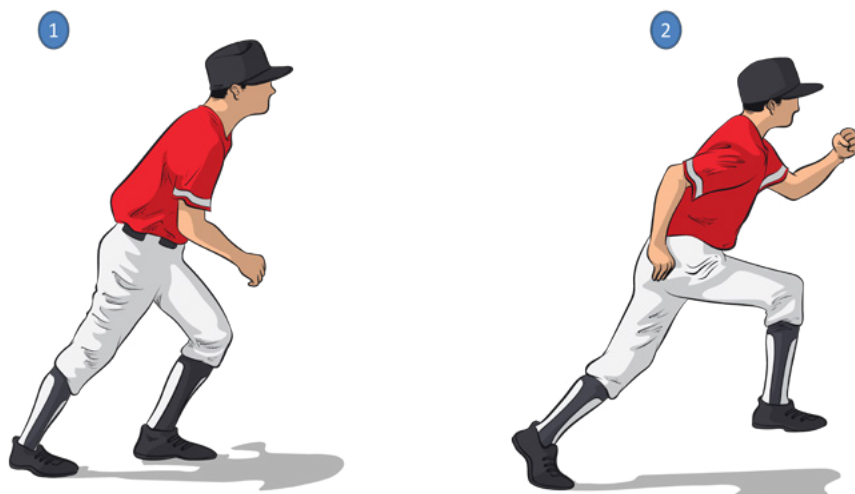
FORM RUNNING

SETUP:

Player sets up in an athletic position, with 20-30 feet of open space in front of him

PURPOSE:

Perfects running form. Improves conditioning.



Form running down the third base line.

INSTRUCTIONS:

1. Coach says, "Go" or player starts himself.
2. He runs 20 to 30 feet concentrating on maintaining good form.
3. He then turns around and runs back to the starting point.
4. Down and back is one rep. Complete 3-4 reps.

COACHING TIPS:

- Player should combine the elements of the High Knee Walk and Quick Skip drills into this drill.
- Players should keep knees up.
- Keep elbows bent and pump the arms.
- Maintain good focal point.
- Run with a slight forward lean.
- Land on the balls of the feet.
- Keep the arms in close to the body.

5.

BACKWARD QUICK RUNS

SETUP:

Player sets up in an athletic position, with 20-30 feet of open space in front of him

PURPOSE:

Players learn to run backwards quickly.



Running backward.

INSTRUCTIONS:

1. Coach says, "Go" or player starts himself.
2. He runs backward 20 to 30 feet.
3. He then turns around and repeats the movement back to the starting point.
4. Down and back is one rep. Complete 3-4 reps.

COACHING TIPS:

- Player should pump his arms.
- He should have "nose over toes" – he should lean over his feet.
- He should focus on moving feet as quickly as possible – short, choppy steps.
- Player should try to run as straight as possible.

6.

BACKWARD POWER RUNS

SETUP:

Player sets up in an athletic position, with 20-30 feet of open space in front of him

PURPOSE:

Drill focuses on driving backwards with each leg.



Running backward with power.

INSTRUCTIONS:

1. Coach says, "Go" or player starts himself.
2. He runs backward 20 to 30 feet, trying to really lengthen his stride.
3. He then turns around and repeats the movement back to the starting point.
4. Down and back is one rep. Complete 3-4 reps.

COACHING TIPS:

- Player should pump his arms.
- He should have "nose over toes" – he should lean over his feet.
- He should focus on really pushing back off his feet to lengthen his stride and create more power.
- Player should maintain a focal point to avoid unnecessary head movement that can slow him down.
- He should also try to run as straight as possible – a straight line is always the fastest way between two points.



AGILITY DRILLS

7.

JUMP ROPE

SETUP:

Player sets up in an athletic position, holding a jump rope

PURPOSE:

Develops foot speed. Great cardiovascular workout.



Feet together.



Right foot only.



Left foot.



Run in place.



Side to side.



INSTRUCTIONS:

1. Option 1 – Jump with feet together. Turn the rope with wrists only, don't move the arms.
2. Option 2 – Jump on right foot only.
3. Option 3 – Jump on left foot only.
4. Option 4 – Run in place.
5. Option 5 – Side to side. Here the player jumps side to side on two feet instead of jumping

COACHING TIPS:

- Do not make routine overly complicated.
- Player should jump straight up and down (except for option 5) – he should try to land in the same spot each time.
- Option 4 is great for building coordination and agility.

8.

TUMBLING DRILL

SETUP:

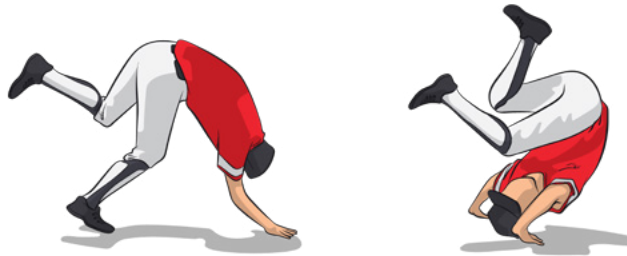
Player sets up in an athletic position, with 20-30 feet of open space in front of him

PURPOSE:

Teaches players how to dive and roll without getting injured.



Forward roll. Backward roll. Right shoulder. Left shoulder.



Dive Roll.

INSTRUCTIONS:

1. Player executes two forward rolls.
2. Player executes two backward rolls.
3. Player executes two right shoulder rolls (simulates how an outfielder would dive for the ball).
4. Player executes two left shoulder rolls (simulates how an outfielder would dive for the ball).
5. Player executes two dive rolls – player speeds up a little and stretches out body so that he is diving and rolling.

COACHING TIPS:

- Focus on technique not speed.
- Player should pause between each repetition and reset his feet.
- Player should stay under control when rolling.
- Player should keep hands underneath body and keep legs tucked close to body.
- Keep body tight, do not overextend legs.

9.

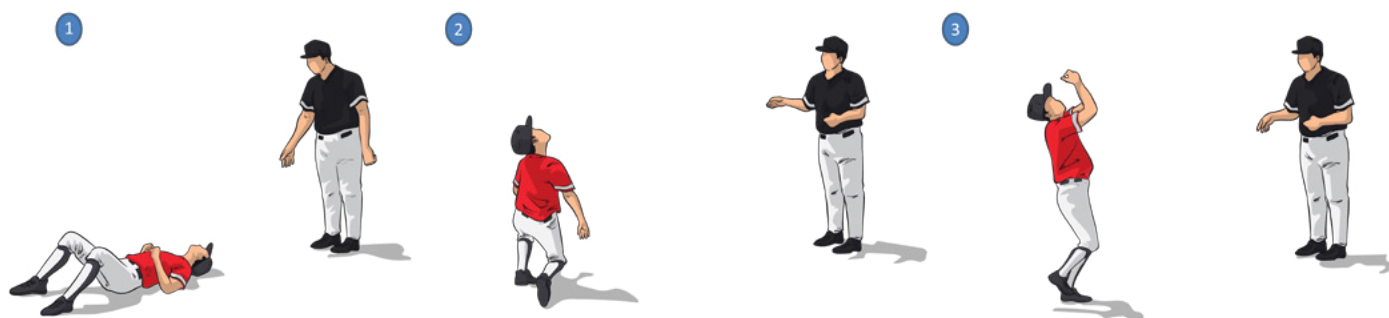
REACTION DRILL

SETUP:

Player lies on his back with top of head pointed toward coach, who stands nearby.

PURPOSE:

Develops quick reaction time.



Lying on the ground.

Scrambling to his feet.

Catching the ball.

INSTRUCTIONS:

1. Coach says, "Go" and tosses ball in the air.
2. Player scrambles to his feet, locates the ball and catches it.
3. Complete 8-10 repetitions.

COACHING TIPS:

- As the player gets better at the drill the ball can be tossed to the side and also not as high.

10.

PICK-UPS

SETUP:

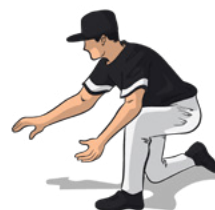
Player stands in a fielding position, 6 to 10 feet from coach.

PURPOSE:

Improves lateral quickness and ability to "get low." Builds strength and endurance in leg and back muscles.



Start



Coach rolls the ball to the side.

INSTRUCTIONS:

1. Coach says, "Go" and rolls the ball to the side of the player.
2. Player shuffles over, fields the ball and underhand tosses it back to the coach.
3. Coach rolls the ball to the opposite side and player shuffles over, fields it and tosses it back.
4. Drill continues with coach rolling the ball to alternating sides.
5. Do 25 repetitions.

COACHING TIPS:

- Player should always use two hands when fielding the ball.
- To increase the difficulty roll the ball farther to the side of the player.
- This drill is a good way to start or conclude any workout.

11.

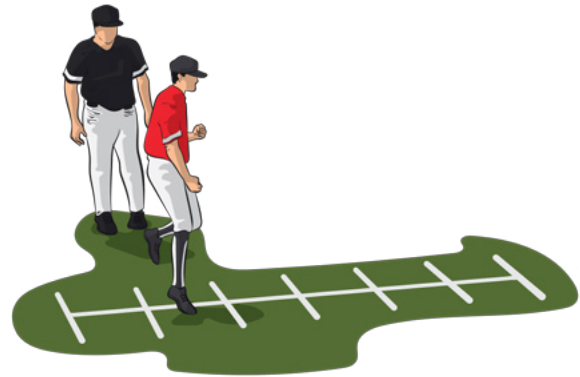
RUNNING GRID

SETUP:

Using rope or tape, lay a 2x6 grid on the ground. Or use 2 agility ladders side by side.

PURPOSE:

Improves coordination, agility and running technique.



INSTRUCTIONS:

1. **One foot one hole** – Players run down one side of grid putting one foot in one hole as they go. They turn and run back on the opposite side putting one foot in one hole.
2. **Two feet one hole** – Players run down one side of grid putting two feet in each hole as they go. They turn and run back on the opposite side putting two feet in one hole.
3. **1-3-5-Out** – Players lengthen their stride and put one foot in the 1, 3, 5 holes and then step out of the end of the grid. They come back doing the same thing on the opposite side of the grid.
4. **Both sides** – Here players touch down in hole one with their right foot on the right side of the grid and then hole 2 with their left foot on the left side of the grid. They continue through the grid alternating from side to side.
5. **Duck Walk/Run** – Player steps in left box with right foot and then right box with left foot. Continue to the end of the grid. Player walks through this drill the first time and then runs the second time.
6. **Bunny Hop** – Player two foot jumps from hole to hole on one side of grid, Turns around and does the same back to the start on the other side of the grid.
7. **Diagonal Bunny Hop** – Player two-foot hops from one side of grid to the other – hole 1 right to hole 2 left to hole 3 right, etc.

COACHING TIPS:

- Keep knees up when running through the grid. Players should also have a good arm pump.
- Players should try to avoid making contact with the grid whenever possible.
- When using both sides of the grid, players should stay close to the center line.
- Players should touch down lightly on the balls of their feet.
- There are many more exercises that can be done on the grid, you can even create your own. Aim to do 8-10 grid exercises per day.

12.

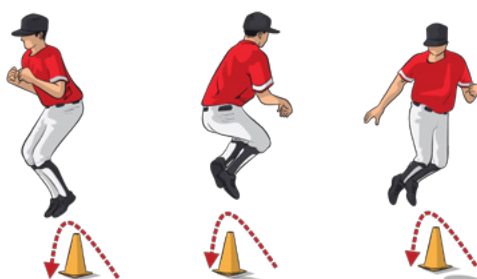
CONE DRILL

SETUP:

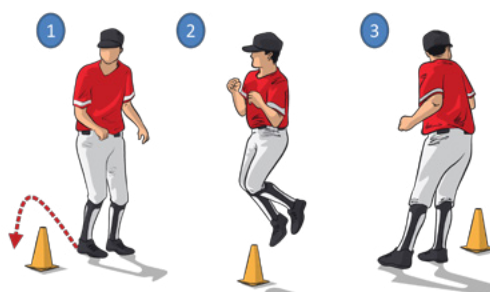
Set up five cones approximately three feet apart from each other

PURPOSE:

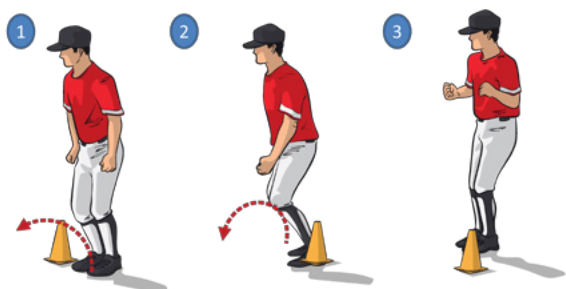
Develops power, agility and coordination.



Forward Bunny Hop. Backward Bunny Hop. Side Hops.



180 Turns.



Over and up – side hop Over and up – fwd hop



INSTRUCTIONS:

1. **Option 1** – Bunny hop. Players two-foot jump over each cone.
2. **Option 2** – Backward bunny hop. Players two-foot jump backward over each cone.
3. **Option 3** – Side hops. Players two-foot jump laterally over each cone.
4. **Option 4** – 180 turns. Players two foot jump over each cone, as they are in the air the rotate 180 degrees so that they land facing the opposite direction.
5. **Option 5** – Over and Up. Players jump sideways over the first cone, then straight up to the side of the second cone. They jump sideways over it then straight up to the third cone, pattern continues through the final cone.

COACHING TIPS:

- Player should reset feet between each cone, especially on the backward jumps.
- This drill requires more leg power than running or the grid drill so start with only 1 or 2 reps. Down and back is one rep.

13.

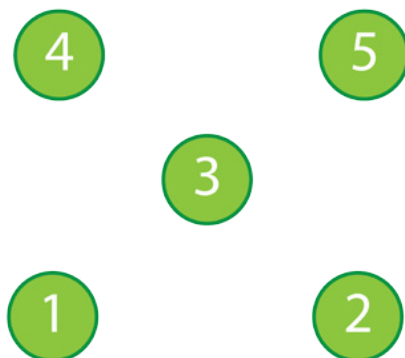
DOT DRILL

SETUP:

Arrange or spray paint 5 dots anywhere on the field.

PURPOSE:

Develops foot speed and quickness.



INSTRUCTIONS:

- 1. Double Foot Hopscotch** – Start with left foot on 1 and right foot on 2. Hop both feet to 3, then left foot to 4 and right foot to 5. Hop both feet backwards to 3, then hop backwards to finish with left foot on 1 and right foot on 2. Up and back is one repetition – do six reps.
- 2. Double Foot Hopscotch with 180** – Same as Double Foot Hopscotch. But spin when you reach the end and come back facing forward. Do six reps.
- 3. Single Foot Figure 8** – One foot only. Start with one foot on 2, then hop to 3, then 5, then 4, then 3, then 1, then finish at 2. Do six reps on each foot.
- 4. Double Foot Figure 8** – Same figure 8 rotation but touching each dot with both feet. Do six reps.

COACHING TIPS:

- Players should aim to complete six reps of each rotation in 50-55 seconds.
- As players' conditioning improves they should try to go through the rotations consecutively with no rest in between.



POWER DRILLS

14.

MEDICINE BALL THROWS

SETUP:

Two players stand approximately 10 feet apart anywhere on the field.

PURPOSE:

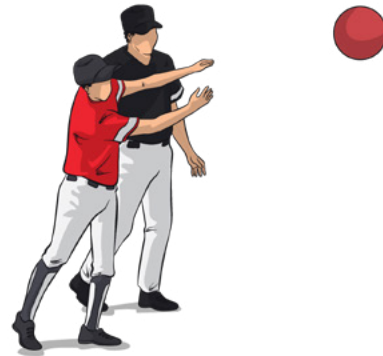
Strengthens hip rotation for normal hitting and throwing motions.



Start



Underhand Release



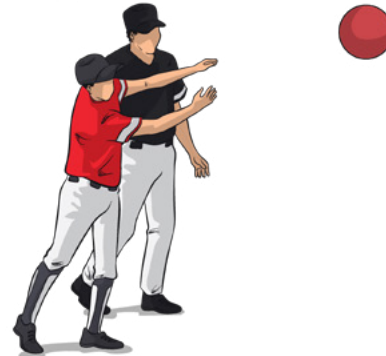
Finish



Start



Overhand Release



Finish

INSTRUCTIONS:

1. **Option 1** – Underhand Toss. Players stand in normal batting stance with shoulder, hip and knee pointed toward the opposite player.
2. Player rotates back and then drives his hips and swings the medicine ball forward and tosses it to the other player.
3. **Option 2** – Overhand throw. Similar to regular throw. Player rotates back, swings forward and throws medicine ball overhand to partner.

COACHING TIPS:

- Feet should be spread, focus should be on hip rotation.