

Baseball Specific Warm-ups, Agility, and Conditioning

Distance: Vary between 10-20 yards

Time: 10 minutes for warm-up purposes; 20 minutes for conditioning

Repetitions: Two reps of each (alternate direction/legs as needed)



Forward (M, W, F)

1. Short Jumps = feet hip-width hop forward
2. High Knees = waist high, proper arm movement
3. Straight Leg = pump arms
4. Straight Leg Cross over = pump arms
5. One Leg Distance = arm action; switch legs on the way back
6. One leg Speed = one-legged sprint (good for hamstrings!)
7. Butt Kicks = Smooth, slow-moving

Backward (M, W, F)

1. Back Pedal Easy = easy backward run
2. Back Pedal Low = Lower stance, easy speed, nose over toes
3. Backwards Run = Heels to butt, kick straight back, body lean forward
4. Back Pedal Diagonals = Change of direction, each long step back

Laterals (M, W, F)

1. Slide Heel to Heel = Simple heel to heel shuffle (switch directions back)
2. Slide Wide = stay wide shuffle (heels don't get close to touching)
3. Slide Fast = good athletic position, be more aggressive
4. Lateral Bound = as high and far as you can go at the same time
5. Carioca = slow, complete twists with arms straight out
6. Sideways run = eyes forward and run like going back for a ball
7. Diagonal Bound (two legs) = feet hip-width apart arms cocked on landing, jump forward
R/L diagonals
8. Diagonal Bound (one leg) = land balanced and use your arms
9. Angle Hops = alternate between right and left leg diagonal hops

Combination Drills (T & R)

1. Back Pedal to Jog
2. High Knees to Stride
3. Steal to Stride = first 3 to 4 steps out of steal to easy stride
4. Jog to Stride = slow jog lengthens into easy stride
5. Stride to Quick = longer stride to 3-4 quick steps
6. Slide to Slide = right heel to heel then turn and left heel to heel
7. Slide to Jog = simulate secondary lead (shuffle, shuffle big stride into jog)

Full Go Combinations (T & R)

1. Jog to Stride
2. Stride to Quick
3. Steal to Jog
4. Steal to Quick

Baseball Specific In-place Warm-up



Time: 10 minutes for warm-up purposes in limited space

In Place

1. Short Hops
2. High Knees = waist high, pump arms
3. Straight Legs
4. Straight Legs Crossover
5. Butt Kicks
6. Standing Twists = Arms extended, twist arms only side to side
7. Jump Twists = Arms extended, feet jump R/L L/R
8. Vertical Jumps = Throw arms up (like rebounding a BB), jump off 2, land on 2
9. Tuck Jumps = Arms straight out, Jump and bring knees up
10. Jumping Jacks = Keep hands on hips
11. Jumping Jacks Crossovers = Keep hands on hips
12. One Leg Forward/Back = Jump forward and backward on one leg, switch legs
13. One Leg Side to Side = First with right foot, then with left foot
14. One Leg Hops = First with right foot, then with left foot

Baseball Specific Agility for Conditioning

Time: 15-20 Seconds Each (longer time = more conditioning)

Distance: About 10 yards



1. Side-to-Side Shuffle
2. React Side-to-Side Shuffle = change of direction on sound, command, or movement
3. Shuffle Catch-ups = change of direction on sound, command, or movement; partner/coach then runs past, catch and touch his back
4. Side-to-Side Hops = Hop on left leg to right leg, right leg to left leg; continuous motion side-to-side
5. Shuffle Side-to-Side with ball toss in air or pick ups - alternate hands
6. Skaters - Lateral leg strength and power; left with right behind, right with left behind
7. Skaters for Speed!
8. Angle Accelerations = pick ups at angle; return to starting position each time
9. 5-10-5 sprints = start in the middle, command left or right, finish at middle
10. Line Drill = 4-5 balls spaced about 15 feet apart, different form run to each ball and sprint back (i.e. heel-to-heel shuffle, backward, carioca)
11. Star Retrieval = bucket in the middle, five small cones with baseball on top, retrieve baseballs and place in the bucket for time.
12. Turn arounds = 5-7 feet apart, back to partner/coach, p/c calls "ball" and the player turns around quickly and catches it.
13. Joe Torre drill off the wall
14. Ins and Outs