

City High Baseball



Feet & Hands Offseason Training Manual

Great Athletes Train 95% of the Time on Their Own

Recommended Equipment

- Taped Bat & a wood bat for training purposes
- Jump Rope
- Jagger J Band
- Cones
- Agility Ladder
- Athletic Tape

JUMP ROPE –

JUMP ON YOUR TOES, USE YOUR ANKLES

5 SETS OF .30 SECONDS

1. JUMPING WITH BOTH FEET TOGETHER MOVING THEM SIDE TO SIDE
2. JUMPING WITH RIGHT FOOT ONLY
3. JUMPING WITH LEFT FOOT ONLY
4. JUMPING WITH BOTH FEET AS FAST AS POSSIBLE
5. ALTERNATE FEET AS FAST AS POSSIBLE

SHUFFLES –

SET UP TWO CONE 10 YDS APART, IN AN ATHLETIC POSITION MOVE Laterally BACK-N-FORTH BETWEEN THE CONES FOR .30 SECONDS. **DO THREE SETS.**

V-RUNS –

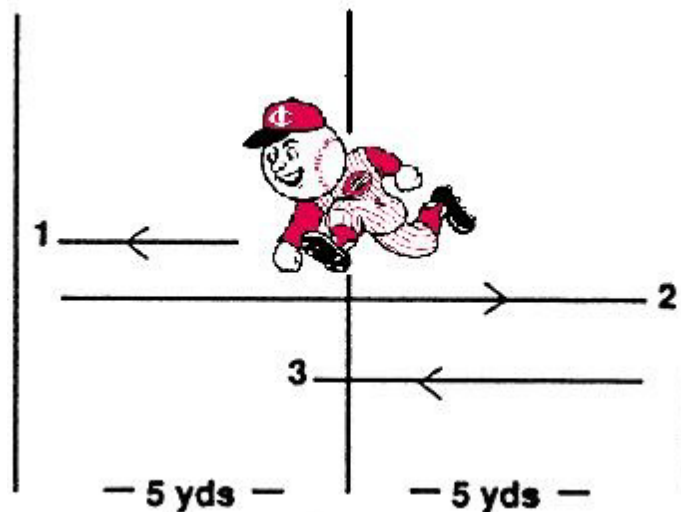
DRAW A LARGE V ON THE GROUND, THE ENDS OF THE V SHOULD BE TEN YDS APART. START AT THE POINT, SPRINT FORWARD TO ONE SIDE AND BACK-PEDDLE TO THE POINT, IN ONE FLUID MOTION YOU SHOULD ACCELERATE TO THE NEXT END. REPEAT BACK-PEDDLE TO POINT. CONTINUE FOR .30 SECONDS. CONCENTRATE ON WORKING YOUR HIPs. **2-3 sets of 30 sec.**

PRO-AGILITY

BEGIN BY STRADDLING THE CENTER LINE WITH RIGHT HAND ON LINE.(GOING RIGHT). SPRINT 5 YARDS AND TOUCH THE LINE. CHANGE DIRECTION AND SPRINT 10 YARDS AND TOUCH THE LINE. CHANGE DIRECTION AND SPRINT THROUGH THE CENTER LINE. WHEN YOU GO LEFT, START WITH YOUR LEFT HAND ON THE CENTER LINE.

FOR VARIETY THIS DRILL CAN BE EXECUTED IN A SHUFFLE MOTION INSTEAD OF RUNNING.

POOR TIME = 4.9 – 5.2 SEC GOOD TIME = 4.5 – 4.7 SEC GREAT TIME = 4.4 OR BELOW



BEING DEDICATED TO WORKING ON YOUR AGILITY AND REACTION TIME IS ESSENTIAL TO BECOMING A BETTER DEFENSIVE PLAYER!

A. SPRINT, PLANT SPRINT BACK TO START, SPRINT TO 3RD CONE, AROUND, SPRINT TO START.

B. SPRINT, AROUND, SPRINT, AROUND, SPRINT

C. SPRINT, SPRINT, SPRINT

D. SHUFFLE, SPRINT, SPRINT

E. SPRINT, BACKPEDAL, SPRINT

F. SPRINT, BACKPEDAL, SHUFFLE

G. SHUFFLE, SPRINT, BACKPEDAL

H. SPRINT, SPRINT, BACKPEDAL

I. BACKPEDAL, SPRINT, BACKPEDAL

J. BACKPEDAL, SHUFFLE, SPRINT

K. SPRINT, BACKPEDAL, SPRINT, BACKPEDAL

L. BACKPEDAL, SPRINT, BACKPEDAL, SPRINT

