

Baseball Conditioning Programme

Conditioning Exercises (20 mins)

The group is divided into 5 sub-groups and rotate in every 3 minutes.

Station 1: Agility Drill

Setup: 4 cones in a box shape, one cone in the middle of the box

Method: Players each have a number 1,2,3,4 Cones 1,2,3,4 Players call out a number and run to the cone must be done quickly (or the coach can call the numbers)

Station 2: Single leg hop (10 cones, 2 feet from each other in a straight line)

Station 3: Blade Exercises (30 secs ×1side ×2)

Station 4: Hip external rotation strengthening with therabands

Station 5: Throwing Medicine Ball (5 cones 7 metres apart)