

QUICK FEET



There is a ton of lateral movement in baseball. Whether you are fielding a grounder or in a pickle, having quick feet is key.

1. BOX AGILITY DRILL

Set up 4 cones or markers in a square about 10 feet apart.

Start at one corner. Sprint straight for the first cone. Then, break left or right into lateral steps as you head to the second cone. Then, break into a back pedal as you head to the third cone. At the final cone, transition into lateral steps again as you head back to your starting point.

Continue around the box the same way 5 times. Take a quick break and repeat, going the opposite direction.

2. W AGILITY DRILL

Set up 5 cones or markers in the shape of the letter "W".

Start below one side. Sprint straight for the first cone. Then, break into a back pedal as you head to the next cone. Then, switch your feet quickly and sprint forward then back until you reach the end.

Continue back and forth 5 times (there and back counts as 1).

KEYS

Stay low! Keep your butt down and try not to "hop".

Keep your hips square, and try not to "click" your feet together.

Don't "round" the corners. Stay in straight and direct lines.

