**Bat Speed Agility Workout**

1. Modified Dynamic Warm Up



1. Strength Circuit



1. Hitting Circuit



1. Hitting Drills
	1. Long Tee Drill
		1. Hit off T with target 30-50 feet away.
	2. Drop Toss
		1. Partner drops ball from shoulder height.
	3. Heavy Ball Side Toss
		1. Side toss with heavy ball
	4. 60 Second Drill
		1. Take as many swings as you can (correctly) in 60 seconds. Do twice