**Bit-Size Baseball: Agility and Conditioning Drills**

**Equipment needed for this practice:** Pylons or hats or shoes or any other marker. Place the pylons roughly 10 ft apart in a staggered pattern.

X X X X

X X X X

**Practice Plan**:

1. **Stretch**. Feel your muscles and ligaments extend. Repeat the stretch at least 5 times.
   * Arm circles
   * Elbow pulls
   * Trunk rotations (think karaoke)
   * Touch your toes
   * Hamstring stretch
   * Hurdler stretch (sitting with one leg out in front and your knee behind or beside you)
2. **Strengthening.** 10 pushups, 10 sit-ups, 20 slow squats, 20 mountain climbers, 20 burpees.
3. **Shuttles — move side to side touching each pylon with your outside hand performing each of the following sets twice. After each set of 2, do 5 pushups and 5 sit-ups.**
   1. Running forwards
   2. Running starting backwards (remember first move is a drop step)
   3. Shuffles facing forwards
   4. Shuffles facing backward (remember first move is a drop step)
   5. Carioca facing forwards
   6. Carioca facing backwards
   7. Hopping forward on left leg
   8. Hopping backward on left leg
   9. Hopping forward on right leg
   10. Hopping backward on right leg
   11. 2-legged long jump forward
   12. 2-legged long jump backward
   13. Sprint straight through the cones (no zig zag for this one)

**\* Jog back to the start after every time through, no walking. Do your pushups and sit-ups before resting between any of the sets. Drink water.**

**\* If you need help pushing through fatigue, ask a parent to cheer you on or a sibling to tease you.**