

Bears Baseball  
Speed and Conditioning

**Warm Up-20 yards**

5 laps around gym (pick 6)

1. Forward Lunge
2. Backward Lunge
3. Butt Kicks
4. A. Skips -- double hop with a skip
5. B. Skips -- double hop skip then straighten leg
6. Dog on Bush
7. Heal to Toe Walk
8. High Knee Hugs
9. High Knee Backwards
10. Inverted to touch-- keep leg straight touch toe with opposite hand other leg goes back
11. Lateral Lunge L/R
12. Reach Back Runs
13. High Knee Carioca L/R
14. Modified run jumps

**Ladder Drills**

(pick 5)

1. One foot in one foot out (2 times)
2. Two feet in two out (2 times)
3. Face sideways one foot in one out Left (2 times)
4. Face sideways one foot in one out Right (2 times)
5. Modified Run 2 feet in each rung (2 times)
6. Two footed hop in each rung (2 times)
7. Hip Drills one foot each rung (2 times)
8. Backward one foot in one foot out (2 times)
9. Backward two feet in two out (2 times)
10. Two footed hop left middle out each rung (2 times)

**Jumps**

(All 3)

1. Modified Run Jumps- Jump up knee high pump arms (3x30sec)
2. Side to Side Jumps- Ice skate side to side (3x30sec)
3. Broad Jumps- Jump out with both legs (3x10 yards)

### **Starts**

1. Track Push up start (5 sets of 10 yards both legs)
2. Baseball Push up starts left right (5 sets of 10 yards both legs)
3. Track Starts- (3 sets of 10 yards both legs)

### **Stop Starts**

1. Plant & Cuts- plant and cut at 45° (6 cuts in 30 yards) - 3 sets
2. Grass Pick ups- run top speed stop under control hands on ground 3 pick 30 yards )-3 sets
3. 360's- run top speed 360° turn right and left- (2 turns) -3 sets

### **Resisted Runs**

1. 5x20 Yards left to right run
2. 5x 20 Yards right to Left Starts
3. 6x 20 yards Track Starts

### **Sprints**

1. 40's 5 reps
2. 60's reach top speed by 20 yards 5 reps
3. 60's 5 reps