



2009 RUNNING DRILLS

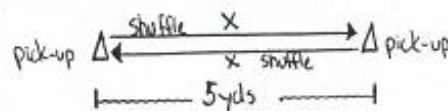
SWEDEN BASEBALL ACADEMY

Toronto Blue Jays Baseball Club Agility Drills

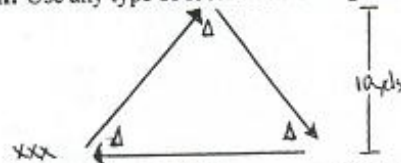
- 1) **Four Corner Drill:** Work at high intensity, keeping the corners tight.



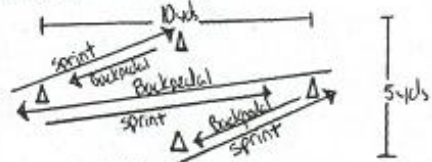
- 2) **Shuffle Pick-Up:** Working in pairs players face each other, shuffle cone to cone, simulating a pick-up at each cone. Stay low!



- 3) **3 Cone Drill:** Use any type of footwork working on acceleration and quick changes of direction.



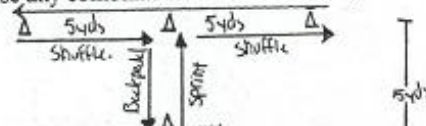
- 4) **Zig Zag Drill:** High-speed drill. Use any combination of footwork, i.e. Sprint/ Backpedal, shuffle, carioca.



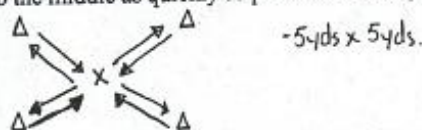
- 5) **Up & Back Drill:** High-speed drill. Use any combination of footwork, i.e. Sprint/ Backpedal, shuffle, carioca. Utilize pick-up movements.



- 6) **"T" Drill:** Use any combination of footwork. Players must touch each cone.



- 7) **Box Drill:** Player starts in middle of box, always facing forward, player moves out to each corner and back to the middle as quickly as possible. Use any combination of footwork.



- 8) **3 Man Fielding Drill:** Players track sprint out to each cone.

