


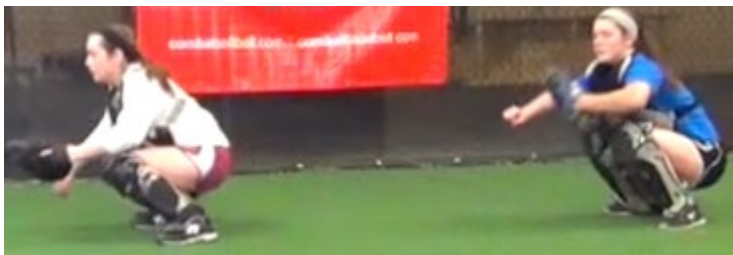






LATERAL TO FRONT HOPS

-  Catcher starts in the primary squat position (facing forward) and jumps up and forward quickly turning to the right before landing in the squat position, then quickly jumping back into the primary squat position (facing front).
-  Continue this exercise from one cone to the other (approx. 20ft apart), Then come back jumping to the left.
-  You want to explode through the hips and work on soft landings







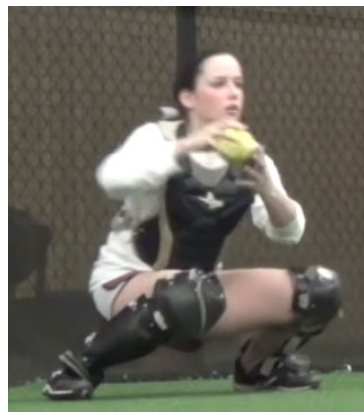
AGILITY – UP/DOWNS WITH BALL TOSS

-  Catcher starts in the Primary Squat Position
-  Catcher drives legs back, then returns to Primary Squat Position. (keep head up eye's forward)
-  Catcher catches ball and tosses back after returning to Primary Squat Position.
-  Perform 15-20 reps







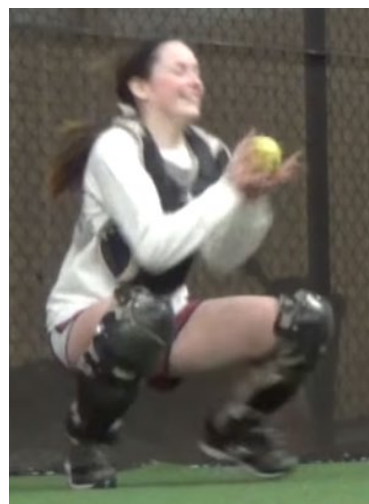
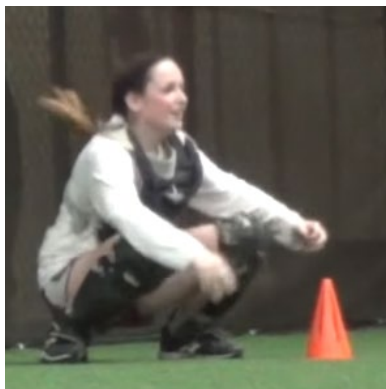
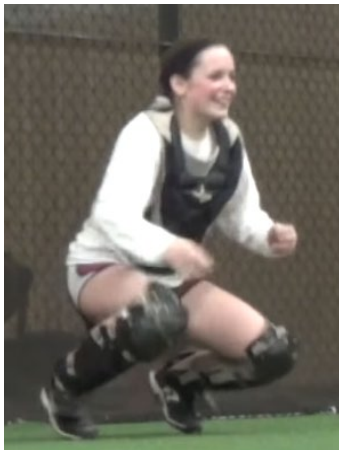
AGILITY – LATERAL WALKS WITH BALL TOSS

-  Setup 2 cones to create a designated distance
-  Catcher starts in Primary Squat Position at one cone
-  Catcher walks laterally to the other cone, while catching and tossing the ball
-  Perform 10 reps







AGILITY – LATERAL BLOCKS WITH BALL TOSS

-  Setup 2 cones to create a designated distance
-  Catcher starts in Primary Squat Position at one cone
-  Catcher walks laterally to the other cone, and drops into a blocking position, while catching and tossing the ball
-  Perform 10 reps



LADDER – HIP TURNS

-  Catcher starts in Primary Squat Position with both feet outside the first square
-  Catcher jumps into a hip turn on their throwing side holding their throwing position, then returns to the Primary Squat Position and repeats this sequence up the ladder.
-  Once athlete completes the distance of the ladder, the athlete will complete this exercise backwards down the length of the ladder.
-  Perform 5 times

