

# ON-FIELD TRAINING

Exercise	Set 1	Set 2	Set 3
<b>On-Field Warm-Up</b>			
Jog/Backpedal	20 yards each	20 yards each	
Run, Pivot, Run (run 20 yards to cone, plant, pivot and run back to start)	20 yards	20 yards	
Leg Swings Front to Back	10 each leg		
Leg Swings Side to Side	10 each leg		
Saigon Squat	20 seconds		
Trunk Rotations	10 each direction		
Arm Circles	10 each direction		
Straddle Stretch (Right, Left, Middle)	20 seconds each direction		
Groin Stretch	20 seconds each leg		
Hip Flexor Stretch (Lunge position)	20 seconds each leg		
Shoulder Stretch (arm across chest)	20 seconds each arm		
Lat/Tricep Stretch (elbow to sky)	20 seconds each arm		
Overhead Reach and Twist (arms overhead and twist)	10 each direction		
Walking Lunge	20 yards		
Straight-Leg March	20 yards		
Shuffle/Groin Stretch (two shuffles, lateral lunge each direction, repeat)	20 yards		
Butt Kicks	20 yards		
Power Skips	20 yards		
<b>Base Running</b>			
"In The Dirt" Read and React	5-10 each base		
<b>Arm Strength</b>			
Long Toss	1-2 throws at each distance		
<b>Fielding</b>			
One-Handed Fielding	10-20		
Ground Balls	10-20		
<b>Hitting</b>			
Tee Ball	10-15		
Front Toss	10-15		
Live Batting Practice	10	10	10