



Researched Based Baseball

<u>Sitting (DyS/Neu)</u>	Rollers into v-sits	Fire hydrants circles	Groaners	Mt. climbers
	Hand seal walk	Rolling hurdler stretch		
<u>Standing (DyS/Neu)</u>	Arm circles	Hip circles	Leg twists	Shimmies up/front
	Cossacks	Ankle/Knee Rolls	90's	Elbows To Ribs
<u>Movements (DyS/Neu)</u>	Stiff legged march	Kick back stiff legged march	Thai blocks	Under imaginary rope
<u>Stretches</u>				
<u>Moving (DyS/Neu)</u>	Walking hurdler stretch	Walking quad	Knee to chest hip flexor, hands overhead, look at the sky	
<u>Speed (Cardio)</u>	High knees	Butt slides	High skips	Carioca
	Side shuffle w/ scoop every two steps	Backward pursuit/drop steps angle every 2rd step		
<u>Baseball Specific (Cardio)</u>	X 1 Delay Steal	X 1 Early Steal	X 1 R/Reg. Steal	X 1 L/Reg Steal