

OD Baseball Speed Workout

- Lie on back making a "T"
- Keeping arms and shoulders on the ground, wing leg up to kick opp. Hand

Reverse eagle

- Same as eagle except on your stomach

Muscles

Shins (tibialis anterior)

- With slight bend in knee, tap toes

Calf (Gastroc./Soleus)

- Walk on toes as high as possible (10-20 yds)
- Walk on toes with arm circles

Hip extensors

- Walk forward, kick w/ straight leg, touch toe with opp. Hand
- Inch Worm - From push up pos., walk feet up to hands, once feet reach max walk hands out back to push up

Quads

- Heel to hip (point knees down), do slow, then at speed

Movement

-stand tall, hands behind head, walk with high knees

-forward lunge, hands behind head, big step forward, land heel to toe

Technique

Ankling

- Walk on ball of feet, when breaking contact with ground flex ankle, bring forward, extend ankle

Heel to hip walk

- While walking, bring heel to hip (think about bringing toes to hip, this will make you flex your ankle), bring forward, land on ball of foot

A Walk

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- Lateral start (base running) – pivot off “outside” foot (closest to bag), drive lead foot forward and lead arm back
- Face Course (fielding – charge ball)
- Back to course (ie. Outfielder turning to chase)
- Push-up pos. – in up, bring front knee under body before start, start slow then work up to at speed
- Prone start – start on ground, move to up push up pos.
- Back pedal – push hips back, pick knees up, plant and turn (1st drill)

Common Errors

Standing too soon

- *Stay low through first 5-7 steps*

Back foot too far back (cannot exert enough force on ground to take explosive start)

- *Bring toes to heel*

Speed Progression Program

10-15 min warm up, active recovery

Late offseason – (More advanced, volume increases) Refine technique, develop 1st SE, improve max speed, speed endurance

- 3x/wk, Accel/Max/Speed endurance

Cool down (helps prevent shin splints, to be done in bare feet or in socks)

Walk on toes

Walk on heels

Point toes in

Heels in

Walk on outsides of feet

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Walk on insides of feet

Stand on 1 leg for 1 min.

- Once they can do this make ex. Harder (medicine ball, unstable surface)