



BASEBALL INSTRUCTION



WARM UP & STRETCHING

1. Jump side to side across line x10
2. Jog in place, booty kick x10
3. Shuffle side to side x5 left & right
4. Back pedal 12 ft, then sprint forward x5
5. One arm across your chest x10 seconds
6. One arm overhead, behind your back
7. Straddle sit & reach to your toes, left then right
8. Straddle sit & reach forward
9. Arm circles forward and back

BASE RUNNING

**Mark out home plate, 1st base,
2nd base, 3rd base**

1. Run as fast as you can to 1st base, round and stop
2. Run to 1st base, then second and stop
3. Run to 1st, through second, and stop on 3rd
4. Run as fast as you can through all bases to home plate
5. Jump from home to 1st, shuffle from 1st to 2nd, skip from 2nd to 3rd, and run backwards from 3rd to home

THROWING

1. Wrist flicks - hold rolled up socks, extend your arm and flick your wrist like you're giving a high five. x5
2. Glove arm points in the direction you're throwing and throwing arm is extended back (make a T), face the direction you're throwing, flick and throw. x10

FIELDING

Bend your knees, get low to the ground

1. Grounders - Someone roll the ball to you, get it with your glove and cover with your other hand. x10
2. Pop flies - Someone throw the ball to you, catch the ball with your glove and cover with your other hand. x10

HITTING

Set up home plate. Turn in the direction of home plate with feet hip width apart, look in the direction of the pitcher. Hold the bat a little above your shoulders.

1. Bunting - take a small step, turn your hips and use your hands to push out.
2. Full swing - take a small step, then fully swing around

YOUR CHALLENGE!

**Mark out your diamond - home plate,
1st base, 2nd base, 3rd base**

1. Partner will throw you the ball and tell you which base to run to!
2. *Want to make it harder?* Kinetic Kid can bat and family/friends have to field the ball OR family/friends bat and Kinetic Kid fields the ball!

