

Base running conditioning drill

1st Circuit: The runner sprints to first, touching the base and running through it. He/she takes a crossover step and runs first to third, then jogs to home plate.

2nd Circuit: The runner sprints to second for a double. He/she will pause briefly at the base then sprint from second to home.

3rd Circuit: The runner will sprint around all four bases for a home run.

Take 45 seconds to 60 seconds rest between each circuit. Repeat the 3 circuit cycle 4x's.