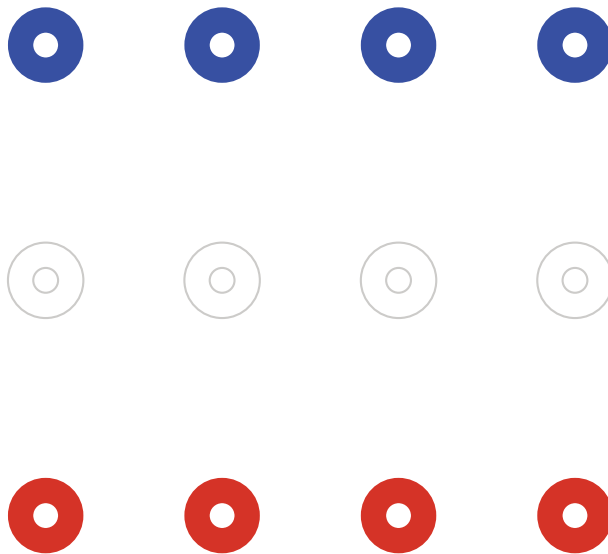




# BASEBALL DRILLS

**Set-up:** Set up a row of red cones, a row of white cones and a row of blue cones. The further you set them apart, the more difficult this challenge will be.



**What You'll Need:** A baseball bat for each course participant. 2 or more participants.

**Instructions:** Ready, Set Go! Complete the below and compete against your friends or family members.

1. Bear Crawl from Red to White Cones
2. Side Shuffle from White Cones back to Red
3. Skip from Red to Blue Cones
4. Do 5 Dizzy Bat Spins
5. Sprint back from Blue to Red Cone

*Repeat 3 times. The person who finishes first is the winner!*