In the sport of baseball and softball, it’s essential to be able to move quickly and effortlessly to have success on the diamond. A way to improve this aspect of your game is to work on your agility.

The definition of agility is the ability to move, change direction, and position the body swiftly while under control. Having great agility is not only important to your skillset on the diamond, its also important towards your overall health as well!

There are tons of great health benefits that come with agility improvement which include:

- Aids in injury prevention
- Improves multi-planar coordination
- Increases heart rate and blood flow throughout the body
- Increases mind-body connection and helps get you focused
- Improves reaction time and precision
- Increases muscle flexibility and durability
- Improves cardiovascular functionality

Incorporating agility exercises in your next workout is a great way to change it up! Having great agility can take your game to the next level while keeping you healthy.
HEALTH TIP OF THE WEEK

Here are some great agility drills to improve your skills on the diamond:

4-Cone Box Drill
1. Begin the drill at Cone #1 and get ready to run through the full course under control.
2. Start at Cone #1 and sprint forward to Cone #2
3. Shuffle to the right from Cone #2 to Cone #3
4. Backpedal from Cone #3 to Cone #4
5. Shuffle to the left from Cone #4 to Cone #1
6. Move at full speed and under control through the course at full speed.

3-Cone L-Drill
1. Begin the drill at Cone #1 and get ready to run through the full course under control.
2. Beginning at Cone #1, sprint from Cone #1 to Cone #2 and back
3. Turn and sprint, tightly rounding Cone #2 and Cone #3
4. Sprint back around Cone #2 and finish through Cone #1

3-Cone T-Drill
1. Beginning at Cone A, sprint from Cone A to Cone B
2. Shuffle from Cone B to Cone C
3. Reverse direction, and shuffle from Cone C to Cone D
4. Reverse direction, and shuffle Cone D to Cone B
5. Backpedal sprint from Cone B to through Cone A
6. Always face the same direction as when you begin the drill

All the cones should be placed 10-15 yards apart. Also, don’t forget to take adequate breaks in between sets to prevent injury and fatigue.