

DETROIT
ROOTS



HEALTH TIP OF THE WEEK

There is a lot of quick lateral movement and weight shifting in the game of baseball. A way to improve this aspect of your game is to work on your **coordination**.

Coordination training helps with many aspects of athletes' health and wellbeing. It improves their technique and form, enhances their mood and mental health, and combats the risk of injury down the line.

As a foundation for many sports activities, coordination exercises can:

- Help to build more muscle
- Increase daily energy levels
- Improve agility and flexibility
- Enhance concentration and memory
- Stimulate the release of endorphins

Essentially, for a well-rounded performance and better results, it's essential for athletes to exercise their balance, control, and coordination.



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Here are some drills to help improve your coordination:

Balloon or Ball Toss

Catch and bump a balloon back and forth using your hands, head, and other body parts. Since the balloon floats slowly, you can change the angles to make the exercise a little unpredictable. If you're working with a trainer or exercise partner, try facing different directions or standing further apart for added difficulty. For a little more challenge, use a small ball (like a tennis or table tennis ball) which allows for faster speed. Ask your partner to switch up the angles, speeds, and throwing patterns as they toss the ball to you. This hand-eye coordination drill helps rehearse the way you think and react quickly to the variations.



Jump Rope

This classic coordination exercise works to synchronize your hand-foot-eye movements. Jumping rope is not just an excellent drill that improves your hand-eye coordination. It also works on your foot speed, teaching you to maintain control and rhythm when you're fatigued. Start off by hopping from one foot to the other or slowly running in place. Gradually progress to criss-cross jumps, two-foot hops, or even a faster speed when you've found your rhythm.



Target Exercises

One of the staple drills for hand-eye coordination is called target practice. Start by standing close to a target and hitting it accurately. Slowly progress by moving further away from the target. For added difficulty level, try to aim at your targets from different angles instead of just a straight line (or directly in front). You might also want to try facing back, quickly turning, then aiming for the target.

