



**SHOW**

*Speed and Agility Member  
Class*

# SWIPER

**This program will put an emphasis on various workouts that will promote quick foot work/ explosive movements and how to be a threat on the base path.**

**Quick Feet-** Athletes will go through a workout circuit that will involve ladders and hurdles. As an athlete it is imperative we have good footwork!

**Explode-** Athlete will go through a circuit workout that will put an emphasis on explosive movements. Being explosive is important in every facet of the game.

**Take the bag-** Will work on the art of steal a base. We will cover all different types of reads to be a talented base runner. Athletes will work on straight steals, delayed steals, and bad ball reads!