

LEVEL: SINGLE

# SINGLE – FUNDAMENTAL MOVEMENT SKILLS

Coordination – Perform  
10 jumping jacks  
without stopping

## **ACTIVITY** JACK-OF-ALL-TRADES

[Click here](#) for video demonstration

**Goal:** Introduce athletes to the importance of coordination in baseball.

**Description:** Stand with feet together, knees slightly bent, and arms to the sides. Jump while raising arms and separating legs to sides. Land on forefoot with legs apart and arms overhead. Jump again while lowering arms and returning legs to midline. Land on forefoot with arms and legs in original position and repeat.

**Equipment:** None

## **VARIATIONS AND PROGRESSION:**

- A. Execute movement with arms only (legs not moving) creating “hug” movement
- B. Execute movement with arms going sideways without jumping
- C. Execute movement with hug movement (front) instead of sideways
- D. Execute movement jumping from basic position
- E. Execute movement front and back
- F. Execute movement front/back/side
- G. Increase intensity by making it quicker