

LEVEL: HOME RUN

HOME RUN – FUNDAMENTAL MOVEMENT SKILLS

Coordination - Juggling two balls with two hands for five seconds using transfer or cross method.

ACTIVITY JUGGLING IN PAIRS

[Click here](#) for video demonstration

Goal: Introduce the importance of eye-hand coordination to athletes.

Description: Athletes are arranged in pairs. Holding a ball in their right hand, the athletes underhand toss their ball to their partner at the same time, making sure they throw the ball with their right hand and receive it with their left hand (Catch and Throw using only one hand). Repeat the same drill with opposite hands (throw with right and catch with left).

Equipment: Baseballs or any type of ball

VARIATIONS AND PROGRESSION:

- A. Repeat under toss with right hand while executing shuffle steps towards one direction.
- B. Repeat previous exercise tossing from left.
- C. Repeat first exercise with one hop from the right side.
- D. Repeat second exercise with one hop from the left side.
- E. Repeat exercise with athletes moving in a circle.

