

LEVEL: HOME PLATE

# HOME PLATE – FUNDAMENTAL MOVEMENT SKILLS

Balance – Stay in the pitching balanced position for 5 seconds, on both sides.

**ACTIVITY** UP AND DOWN (2)

[Click here](#) for video demonstration

**Goal:** Introduce athletes to the importance of balance for pitching.

**Description:** All athletes are lined up with no glove and a baseball in their dominant hand. On signal, all athletes put their weight on their dominant foot while having the other foot off the ground (they are now standing on one foot). Without losing balance, athletes must put the ball on the ground and come back up without their free foot touching the ground. Repeat up to three times.

**Equipment:** Baseballs

**VARIATIONS AND PROGRESSION:**

- A. Put the ball on the ground using different locations causing athlete to perform shorter or longer extensions
- B. After picking up the ball, ask athlete to pick it up again and then make two hops before doing it again
- C. Do a relay run on one foot

