



# FIVE SPRINT DRILLS FOR BASEBALL PLAYERS

*NEVER STOP EVOLVING*

This document outlines five sprint drills designed to enhance speed and explosive power for baseball players. Each drill description includes key coaching points and a link to a short video demonstration.

## 1. WALL LEAN PISTON ISO

### *Video Demonstration*

**Objective:** Develop proper sprint mechanics, emphasizing powerful leg drive and hip extension in an isometric hold.

**Description:**

- Stand facing a wall at arm's length, placing both hands on the wall for support.
- Lean into the wall at a 45-degree angle, maintaining a straight line from head to heel.
- Lift one knee up as if in a sprinting motion, creating a "piston" shape with your leg.
- Hold this position for a prescribed duration (e.g., 10-15 seconds), focusing on engaging the glute and hamstring of the planted leg.
- Switch legs and repeat.

**Repetitions & Frequency:**

- **Reps:** 3-5 sets of 10-15 second holds per leg.
- **Frequency:** 2-3 times per week, typically as part of a warm-up or acceleration-focused training session.

**Coaching Points:**

- Maintain a rigid core and straight back.
- Drive the knee high and the toe up.
- Push actively into the wall with the planted foot.
- Ensure the hips remain level and do not sag.

## 2. LINEAR BOUNDS

### *Video Demonstration*

**Objective:** Improve stride length, power, and ground contact time, crucial for maximizing sprint speed.

**Description:**

- Start with a brief jog to build momentum.
- Transition into a series of exaggerated, powerful bounds, covering as much ground as possible with each stride.
- Focus on driving the knee up and out, followed by a strong push-off from the balls of the feet.
- Land softly and immediately transition into the next bound.

**Repetitions & Frequency:**

- **Reps:** 3-5 sets of 10-15 second holds per leg.
- **Frequency:** 2-3 times per week, typically as part of a warm-up or acceleration-focused training session.

**Coaching Points:**

- Emphasize maximal horizontal displacement.
- Maintain a tall posture with a slight forward lean.
- Arm swing should be powerful and coordinated with leg drive.
- Minimize ground contact time.

## 3. LEAN FALL SPRINT WITH HIP FLEXION

### *Video Demonstration*

**Objective:** Teach proper acceleration mechanics by initiating the sprint from a controlled forward lean and emphasizing powerful hip flexion.

**Description:**

- Stand tall with feet hip-width apart.
- Lean forward from the ankles, keeping the body straight, until you feel yourself losing balance.
- As you begin to fall, quickly drive one knee up and forward with powerful hip flexion, initiating the sprint.
- Maintain the forward lean throughout the initial acceleration phase.

**Repetitions & Frequency:**

- **Reps:** 3-5 sets of 10-15 second holds per leg.
- **Frequency:** 2-3 times per week, typically as part of a warm-up or acceleration-focused training session.

**Coaching Points:**

- The fall should be controlled, not a dive.
- Focus on the immediate and powerful hip flexion to drive out of the fall.
- Keep the core engaged and the body in a straight line.
- Eyes should be focused forward.

## 4. LINEAR PULSE TO SPRINT

### Video Demonstration

**Objective:** Improve reactive power and the ability to transition quickly from a short, explosive movement into a full sprint.

**Description:**

- Start in an athletic stance, ready to explode.
- Perform 2-3 quick, short, powerful "pulses" forward, driving off the balls of your feet with minimal horizontal displacement.
- Immediately transition from the last pulse into a full sprint, accelerating aggressively.

**Repetitions & Frequency:**

- **Reps:** 3-5 sets of 10-15 second holds per leg.
- **Frequency:** 2-3 times per week, typically as part of a warm-up or acceleration-focused training session.

**Coaching Points:**

- The pulses should be very quick and controlled, building tension.
- Focus on immediate transition and powerful first steps out of the pulse.
- Maintain good sprint mechanics throughout the acceleration.

## 5. 10 YARD BUILD TO 30 YARD SPRINT

### Video Demonstration

**Objective:** Develop acceleration over a short distance and maintain top-end speed over a longer distance, simulating game-like sprinting demands.

**Description:**

- Set up cones or markers at 10 yards and 30 yards.
- Start from a static or short rolling start.
- Accelerate gradually but powerfully over the first 10 yards, focusing on proper body lean and leg drive.
- From the 10-yard mark, transition into a full-speed sprint, maintaining maximal velocity through the 30-yard mark.

**Repetitions & Frequency:**

- **Reps:** 3-5 sets of 10-15 second holds per leg.
- **Frequency:** 2-3 times per week, typically as part of a warm-up or acceleration-focused training session.

**Coaching Points:**

- Emphasize building speed gradually over the first 10 yards before "opening up."
- Maintain efficient sprint mechanics throughout the entire 30 yards.
- Focus on arm drive and knee lift for optimal speed.
- "Run through" the 30-yard mark, don't decelerate prematurely.

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