

# INVICTUS

SPORTS PERFORMANCE AND FITNESS

## Five Sprint Drills for Baseball Players

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.

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### 1. Wall Lean Piston Iso



[https://youtu.be/H8Vc87Uf1o?si=zf5NYs8Al5rgA4\\_U](https://youtu.be/H8Vc87Uf1o?si=zf5NYs8Al5rgA4_U)

- **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.
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### 2. Linear Bounds



<https://youtu.be/yqhSTrrl1hE?si=YkzVhVLxdePpae0h>

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

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- **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.

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### 3. Lean Fall Sprint with Hip Flexion



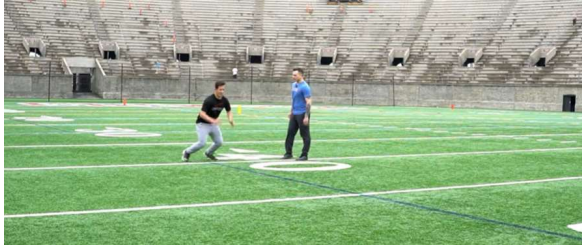
[https://youtu.be/eBSM6wWnRWI?si=j2\\_rYkloenxW-ydA](https://youtu.be/eBSM6wWnRWI?si=j2_rYkloenxW-ydA)

- **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.
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## 4. Linear Pulse to Sprint



<https://youtu.be/eu9ildjynVU?si=epiaulhrKWDaAHpX>

- **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.

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## 5. 10 Yard Build to 30 Yard Sprint



[https://youtu.be/qkJryh1ofHc?si=JiPO\\_NXMNFabpiGk](https://youtu.be/qkJryh1ofHc?si=JiPO_NXMNFabpiGk)

- **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.

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- 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.