

# Indians Youth Baseball Movement Program

[Easy Skip + Arm Rolls](#)

[Slide and Glide + Arm Swings](#)

[Crazy Feet \(Carioca\)](#)

**(walk lines out)**

Jumping Jacks x20

[Make a Ramp](#) (Bridges) – hold for 3 sec, 3X

[Rollover to Bird Dogs](#) – right arm out front/left leg back, left arm out front/right leg back x2

[Bear Crawl \(3 steps out, 3 steps back\) to Catcher's Squat to Bear Crawl to Catcher's Squat to Stand](#)

[March in Place \(10x\) to Arms Out Front and Run in Place \(10x\)](#)

**(back in lines)**

[Jump with 1 foot, land on 2 feet](#) – 1 time down and then walk it back

[Fast Skip \(low knee\)](#) – down and back

[High Knee Skip](#) – down and back

[Push Up Start](#) - down

[Roll Over to Sprint](#) - back

[Grass Pickers](#) – down and back

[Backpedal to Sprint](#) – down and back

[Shuffle, Shuffle, Sprint](#) – down and back