

3 Speed and Agility Drills to Improve Your Baseball Performance

Baseball athletes want [to gain an edge](#) on getting to the ball and moving around the bases. Help your performance on the diamond and develop faster feet with the following baseball speed and agility drills.

The Double Drill

Getting to second base after a hit requires a quick reaction to activity on the field, a clear signal from the first base coach and a tight technique to shorten the distance. This speed drill improves all those tasks and helps you to turn singles into doubles.

This drill is best done on a baseball field, so you can have a teammate or coach give you the green light to run to second. And you can mix it up to add unpredictability. For example, sometimes your coach will signal you to stop at first or yell at you to slide into second.

Sets/Reps: 3x5 on speed training days.

For right-handed batters:

- Set up in the batter's box holding the bat
- Swing the bat as if you were swinging at a pitch
- As you drop the bat, step towards first base with one foot
- Drive the back leg forward; focus on punching the back knee forward
- As you sprint toward first base, focus on driving your knees forward, landing on the balls of your feet, and pushing your arms back hard
- As you approach first base, drop your left shoulder and point your left arm straight down
- Use your left arm as a pivot point to help you round first base while staying tight to the base
- As you round first base, explode, punching your knees forward, landing on the balls of your feet, and pushing your arms back hard as you sprint
- Stop at second base

For left-handed batters:

Perform the same way, *except* as you drop the bat, turn your body toward first base, step first with your right foot, and explode into the sprint.

Base-Stealing Drill

To keep pitchers alert, beat their throw and steal bases, it's crucial to get a good start and be able to accelerate. ([Base-stealing tips from Peter Borjos.](#)) This baseball speed drill is best done on a baseball field so that you can slide into second base.

Sets/Reps: 3x5 on speed training days.

- Begin on first base facing in the direction of the pitcher and batter
- Take a few steps off first base and get into baseball-ready position
- Turn your body to the right (toward second base) by pivoting on your left foot and stepping toward second with your right foot; practice this move until you can perform it flawlessly
- From that position, drive your left knee forwards and your left arm back hard; this is the first step in your sprint to second base
- As you sprint to second, stay low to the ground and focus on driving your knees forward and your arms back
- Stop at second base

Fielding Drill

The difference between recording an out or making a costly mistake can be the ability to get in front of a hit ball. (More [key improvement drills](#).) This drill is designed to improve your footwork in the field. It has two variations. You will need a partner, and you will need to wear your glove.

Variation 1

When shuffling to the left, keep your hips low in ready position and push off your right foot while stepping to your left. Keep your feet approximately hip-width apart throughout. Reverse when shuffling to the right.

- Set up three cones, one ten feet to your right, one ten feet to your left, and one ten feet in front of you
- Face your partner, about five to ten yards away, in baseball-ready position.
- React to your partner's commands: if he points to your left, shuffle quickly to the cone on your left; if he points to your right, shuffle quickly to the cone on your right. If he points down, explosively charge toward the cone in front of you

Variation 2

In this drill, your partner holds a baseball.

- Set up three cones, one ten feet to your right, one ten feet to your left, and one ten feet in front of you
- Face your partner, about five to ten yards away, in baseball-ready position
- React to your partner, who throws ground balls inside the cones so that you have a chance to get to them: if ball is thrown to your left, shuffle left and field the ball; if ball is thrown right, shuffle right and field the ball; if ball is thrown at cone in front of you, charge the ball and field it cleanly