

# LESSON 01 - BASEBALL

## DRILL

### FAST HANDS CATCHING #1

**Goal:** 5 Catches in a row w/ 2 hands

**Your Score:**

### FAST HANDS CATCHING #2

**Goal:** 5 Catches in a row w/ Dom hand

**Your Score:**

## HOMEWORK

### JUMP ROPE #1

**Goal:** 10 Jump Ropes in a row with NO mistakes

**Your Score:**

**No Jump Rope in Lesson #1**

# LESSON 02 - BASEBALL

## JUMP ROPE

\*Use this box to track how many jump ropes your athlete gets in the Hot Warm Up of each Lesson.

**:25 of Jump Rope**

**Your Score:**

## DRILL

### TARGET THROWING #1

**Goal:** 15 Total Points

**Your Score:**

## HOMEWORK

### PLANKS #1

**Goal:** Hold Plank for :30 without falling/interruption

**Your Time:**

# LESSON 03 - BASEBALL

## JUMP ROPE

**:25 of Jump Rope**

**Your Score:**

## DRILL

### GROUND BALL #1

**Goal:** 5 Fielded balls in a row

**Your Score:**

## HOMEWORK

### FITNESS #1

**Round #1:** Squats

**Round #1:** Sit Ups

**Round #2:** Squats

**Round #2:** Sit Ups

**Goal:** 20 Total Reps

**Your Score:**