

First Step

Quickness WORKOUT



@twicethespeed

Left Leg Up 2 Hands | 10 Seconds x 2 Sets |

How To Perform: Be about 10 feet away from a partner or way. Be on your right leg and play catch but make sure to catch with 2 hands.



Right Leg Up 2 Hands | 10 Seconds x 2 Sets |

How To Perform: Be about 10 feet away from a partner or wall. Be on your left leg and play catch but make sure to catch with 2 hands.

1**2**

Left Leg Up Right Hand | 10 Seconds x 2 Sets |

How To Perform: Be about 10 feet away from a partner or way. Be on your right leg and play catch but make sure to catch your right hand only.



Right Leg Up Left Hand | 10 Seconds x 2 Sets |

How To Perform: Be about 10 feet away from a partner or wall. Be on your left leg and play catch but make sure to catch your left hand only.



Blind Reaction Grab | 6 Reps x 3 Sets |

How To Perform: Have a person behind you and have them toss the ball either 45 degrees to the right or left, or straight in front of you. Once you see the ball come over your shoulders you will launch out and grab the ball with in 1-2 bounces.

1

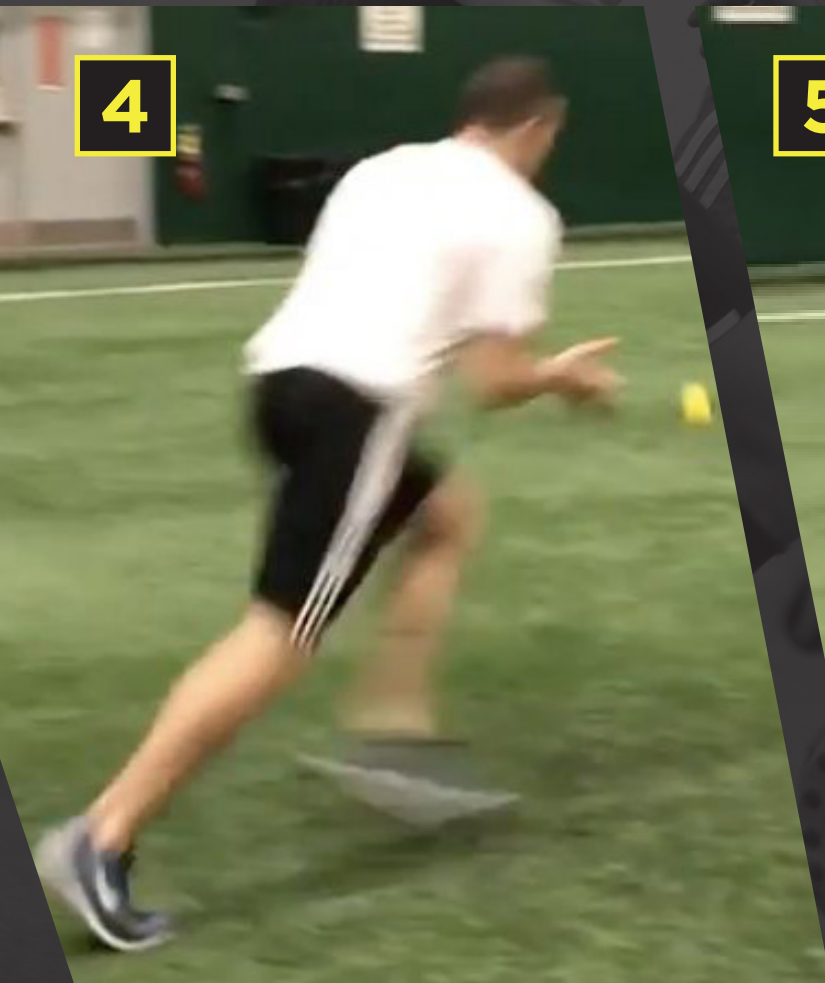
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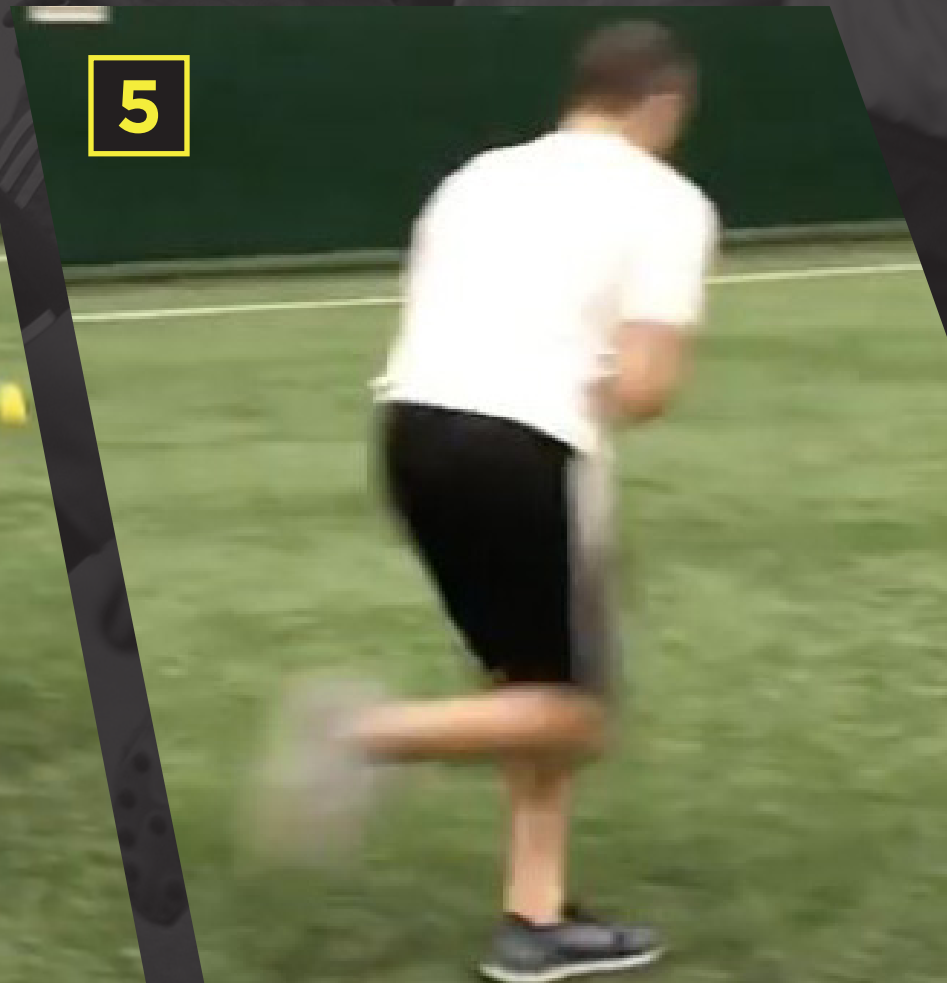
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4



5



Ball Drop Reaction | 6 Reps x 3 Sets |

How To Perform: You will be around 6-8 feet away and you will have your partner with his arm out with the ball. Then when your partner drops the ball you will launch and get the ball. Try to get the ball with one bounce on the ground. If it becomes easier or harder have your partner stand further or closer to you.



2



3



4



Toss Reaction | 6 Reps x 3 Sets |

How To Perform: You and your partner will be facing each other. Then your partner will toss the ball either left or right and you will have to grab the ball within 1-2 bounces.



3

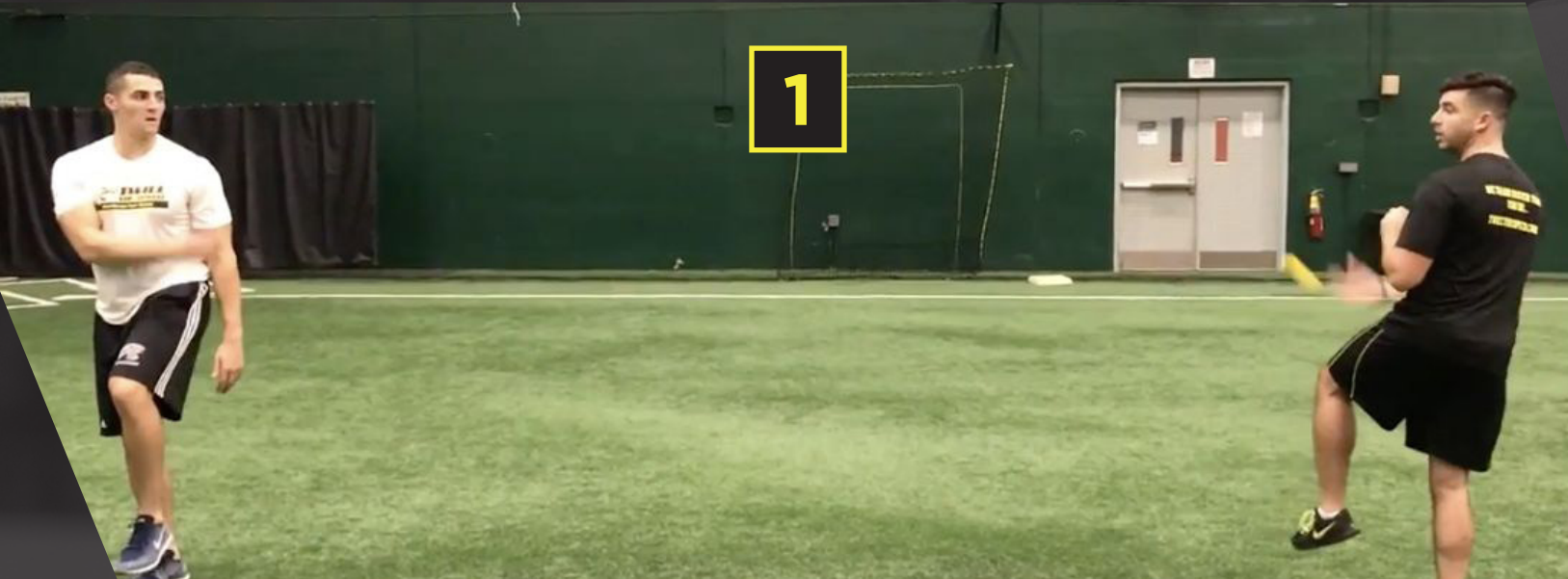


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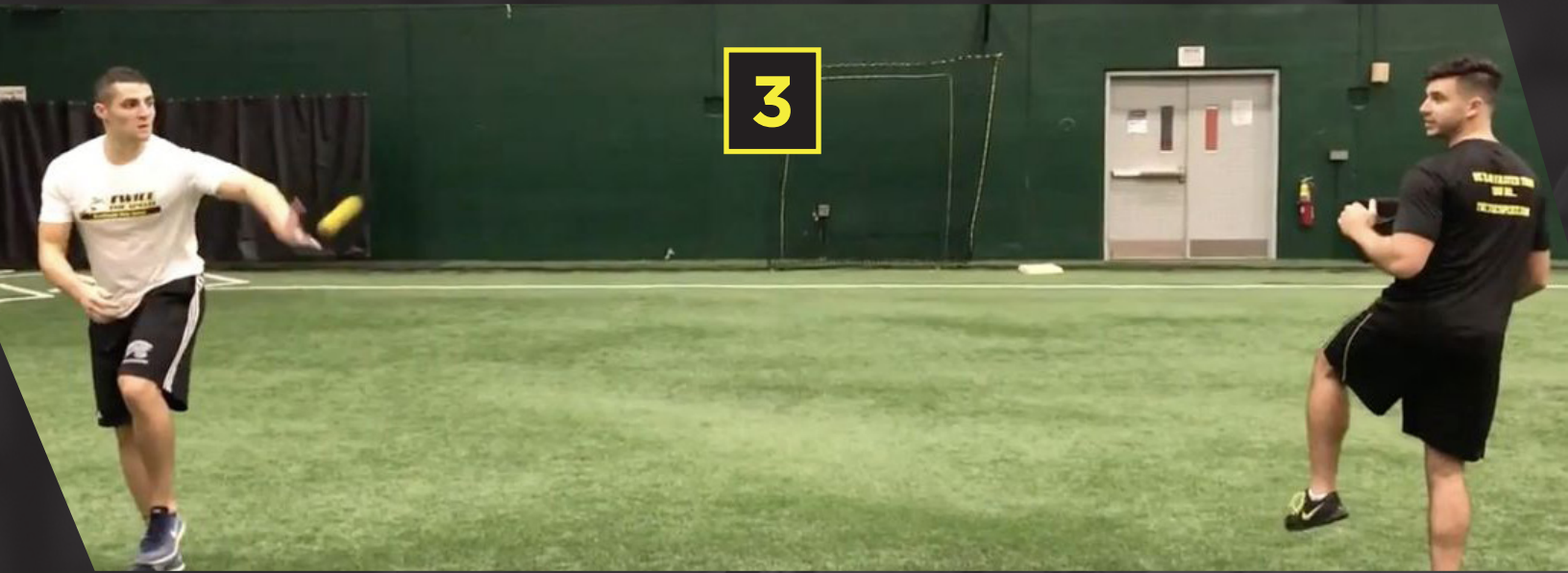


Single Leg Side Toss & Catch | 10 Seconds x 3 Sets |

How To Perform: Be in a pitcher stance in baseball and play catch with your partner or a wall. Have a distance of about 10 feet

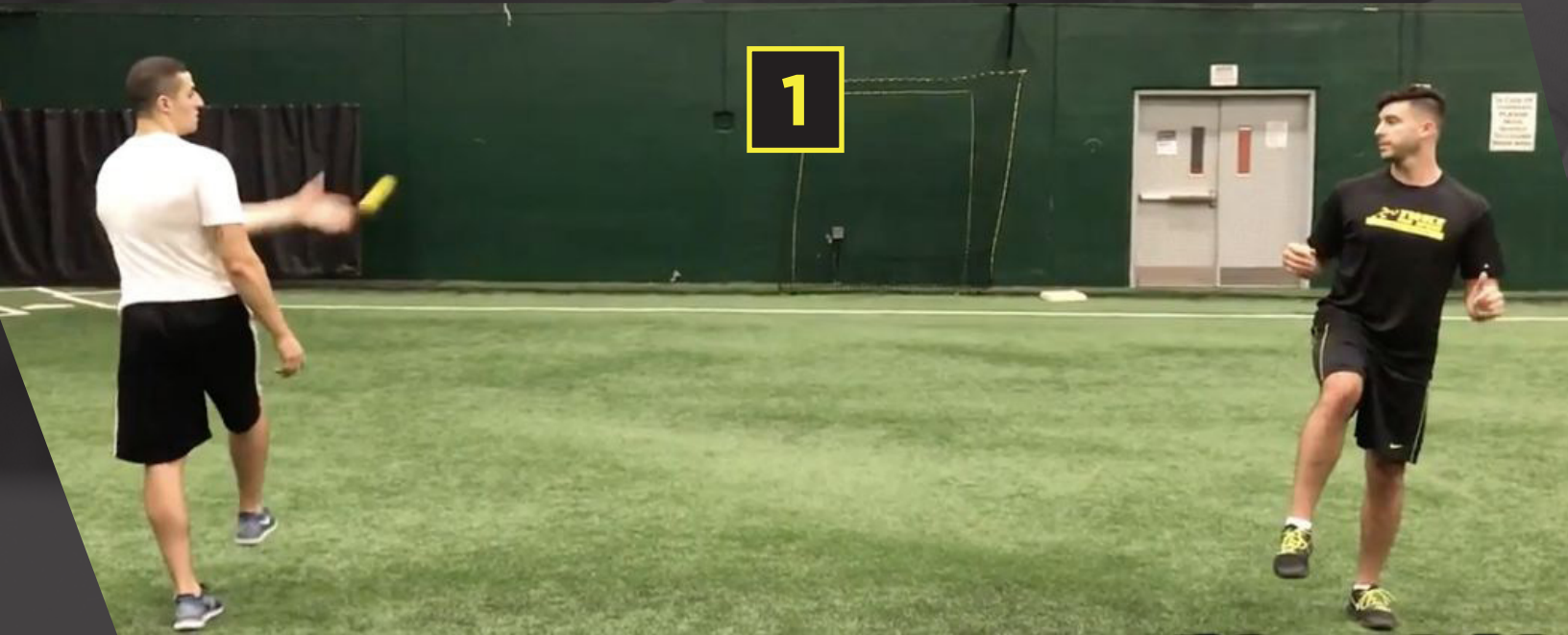


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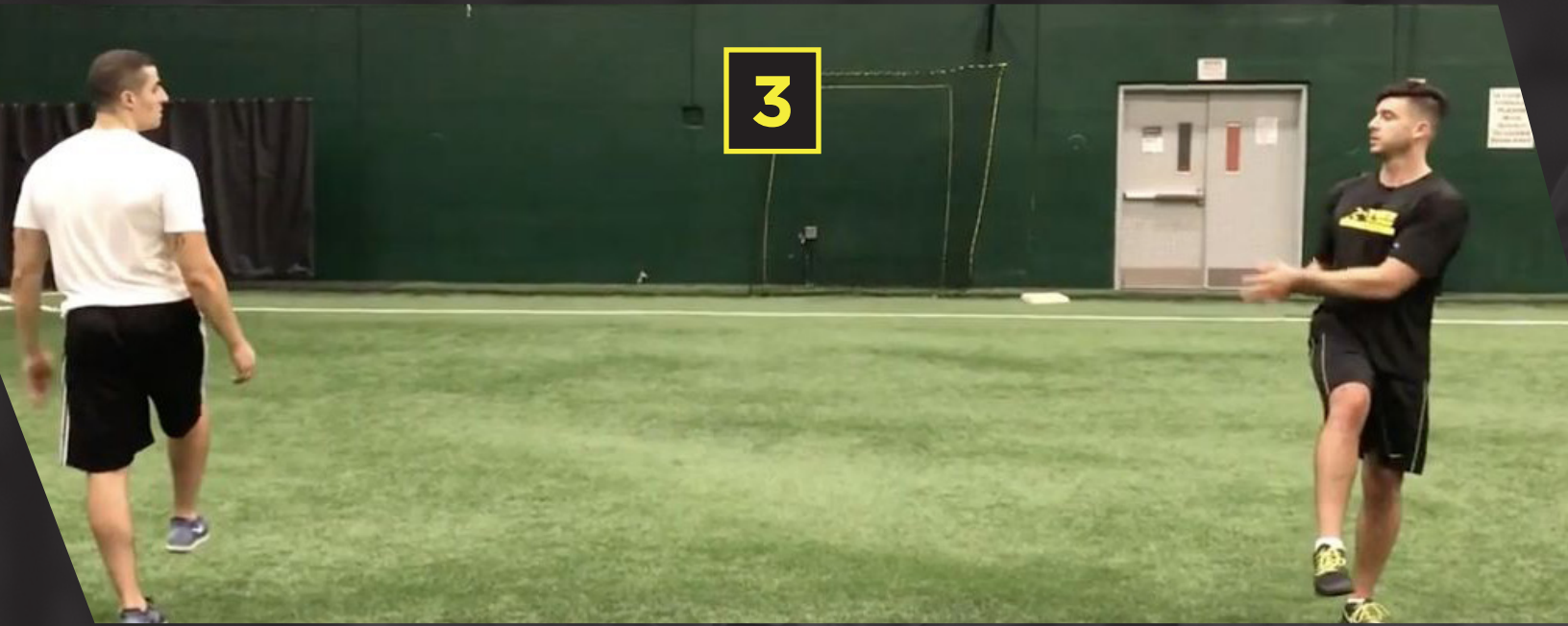


Single Leg Side Toss & Catch Alternate | 10 Seconds x 3 Sets |

How To Perform: Be in a pitcher stance in baseball and play catch with your partner or a wall. Have a distance of about 10 feet. Switch legs than what you just did.



3



Distance Reaction Catches | 8 Reps x 2 Sets |

How To Perform: Both your partner and you will be facing the same direction so you will have your back turned to him or her. You will be around 20-25 feet away from each other. When your partner says “ball” when they throw the ball you will do a 180 and catch the ball. These are bounce passes also. If it is a bit hard call out “Ball” 1-2 seconds before you throw the ball.



3

4



Distance 180 Catches | 8 Reps x 2 Sets |

How To Perform: Very similar to the “Distance Reaction Catches however the difference is the person throwing the ball will call out which way the person does the 180, either left or right.

