

ATHLETE CONSTRUCTION SOFTBALL
SPEED/QUICKNESS SERIES



SPEED/QUICKNESS					
SERIES A		SERIES B		SERIES C	
Speed Cone Jump - forward/backward	3x6	Continuous Cone Jumps- linear, long-response	3x3	<u>Microhurdle Series:</u>	
Speed Cone Jump- right/left	3x6	Continuous Cone Jump- lateral, long-response	3x3ea.	Lateral Run- down & back	1x3ea. (R/L)
3 Consecutive Long Jumps- forward; stick landing	2x3	Continuous Cone Jumps- linear, short-response	3x3	Lateral Weave	1x4
3 Consecutive Long Jumps- lateral; stick landing	2x3ea	Continuous Cone Jump- lateral, short-response	3x3ea.	Linear Weave	1x4
1/2 Kneeling Starts	4x10yds	1/2 Kneeling Side Start	4x10yds	Partner Hold Start	6x10yds
1/2 Kneeling Starts- Tennis Ball Drop	4-6 reps	1/2 Kneeling Side Start- Tennis Ball Drop	4-6 reps	Lateral Tennis Ball React	3-4 rounds
PROGRESSION: Increase height of cones & hurdles; move to standing position for starts					