



REACTION BALL™

BASEBALL AGILITY TRAINER

The Reaction Ball™ is perfect for the improvement of eye-hand coordination and reaction time. Volley the Reaction Ball between two athletes, or rebound it against a wall. Upon landing, the ball will bounce in an unpredictable manner. Repeating these steps will improve your speed and coordination.

The Twosome (Two players) – The Twosome can be performed two ways — incorporated into the workout or as another exercise drill. To start, both players should stand approximately 4 to 6 feet apart, facing each other. Player one drops the ball between the two players, and both players attempt to catch the ball. Use short steps to retrieve the ball. Whichever player retrieves the ball gets one point. Repeat the process until one player has five points.

Loose Cannon (Two, four or more players) – 1. Chalk-mark a circle the approximate size of a Hula-Hoop. 2. First player enters the circle. 3. The player tosses the ball outside of the circle. 4. Another player catches the ball. 5. This player must try to get back inside the circle in three steps or less. 6. If the player is successful, he/she is rewarded. 7. Repeat process with next player(s). 8. The first player to catch the ball five times and get into the circle in three steps or less gets the letters B-A-L-L and wins.

Points To Ponder – (Three or more players - one server and two catchers) — Server tosses the ball to players and players try to catch the ball. Each time the ball bounces equals one point. The points are awarded to the player who catches the ball. Should a player fumble and drop the ball, the points will be deducted from the player's total points. Each player serves twice on a rotation basis. The first player to reach 50 points wins.

20 Paces (Two or more players) – 20 Paces requires a wall at least 4 feet high. Measure 20 feet from the wall base to establish a boundary line. Mark this line with chalk or tape. All serves must be made behind this line. Server bounces the ball between the line and wall, off the wall and back down between the wall and line. (Any balls that bounce behind serve line cause server to lose a turn). One point is awarded server each time receiver fails to catch the ball. Once the ball is in play, the receiver can cross the line. Each player serves twice on a rotating basis. The first player to reach 15 points wins.

Wallful-Ball (Two or more players) – Players line up, one behind the other, with player one facing the wall approximately 6 to 8 feet away. Player two stands behind player one and throws the ball against the wall for player one to catch. Award one point or letter (B-A-L-L) if player one catches the ball. Rotate after each throw. The first player to get 4 points wins.

DRILLS:

Burning Ball – Benefits: Improved Hand-Eye Coordination and Agility. Burning Ball involves three different levels of exercises which increase in difficulty. Throughout this exercise, maintain feet at shoulder width with knees slightly bent. This stance provides good balance and enables trainee to "spring" into the necessary step to catch the ball. Goal: Catch the ball in one to two bounces without chasing it. 1. Drop the ball from knee height and catch. 2. Drop the ball from waist height and catch. 3. Drop the ball from chest high and catch.

Alter Ego – Benefits: Improved Bilateral Agility. This exercise is similar to Drill No. 1 with the exception that the trainee drops the ball with one hand and catches it with the other hand. Goal: Same as Drill No. 1.

The Side Step – Benefits: Improved Eye-Hand Coordination, Tracking and Bilateral Agility. This exercise involves quick movement using side-to-side steps. Goal: Catch ball with a minimal amount of steps. 1. Stand approximately 5 feet away from the wall, facing the wall. 2. Bounce the ball off the wall and catch it using one or both hands. Slide toward the ball using side-to-side steps. Do not chase the ball.

The Hunter – Benefits: Increased First Step Quickness. The Hunter increases your initial first step response encouraging quick, direct response for ball retrieval. Goal: Catch the ball in one bounce. Do not chase the ball. 1. Hold the ball in one hand at arms length. 2. Toss the ball approximately 2 to 4 feet out and away from your standing position and up over your head approximately 2 feet. 3. Catch the ball, preferably on one bounce, by moving toward the ball in short, quick steps.

Greased Lightning – Benefits: Increased Eye-Hand Coordination, Bilaterality and First Step Quickness. This drill is similar to Drill No. 3, but slightly more difficult. Goal: Same as Drill No. 3. 1. Stand between 5 and 6 feet from the wall and roll the ball toward the wall so that it rebounds back. 2. Maintain a low position so as to enable trainee to focus on each roll.