

B	I	N	G	O
Slide/shuffle drill for 30 seconds	15 push-ups	Catch 10 fly balls	Pitchers- 20 pitches to each spot OR not a pitcher-5 burpees	Hit 15 balls
Bunt 15 balls	Slide/Shuffle drill 30 sec - 10 times	Hit 25 balls off a T	15 push-ups AND 15 sit-ups	Pick an online workout and complete 2 times
Practice sliding 10 times	Sprint 60ft to first - rounding the base - 5 times	FREE	15 sit-ups	Field 10 ground balls
Field 20 ground balls	Play catch for 15 minutes	Group text a positive message to your team	Catchers- block 20 balls OR not a catcher- 5 wall sits for 30 sec each	Hit 25 balls
Catch 15 fly balls	25 jumping jacks	Hold plank for 30 sec - 5 times	Sprint 60ft- 5 times	Bunt 20 balls

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Sprint 60ft to first - rounding the base - 5 times	15 push-ups AND 15 sit-ups	Pitchers- 20 pitches to each spot OR not a pitcher-5 burpees	Bunt 15 balls	Hit 25 balls off a T
Catch 10 fly balls	Sprint 60ft- 5 times	Hit 15 balls	25 jumping jacks	Pick an online workout and complete 2 times
Field 20 ground balls	15 sit-ups	FREE	Field 10 ground balls	15 push-ups
Catchers- block 20 balls OR not a catcher- 5 wall sits for 30 sec each	Hold plank for 30 sec - 5 times	Slide/shuffle drill for 30 seconds	Bunt 20 balls	Play catch for 15 minutes
Group text a positive message to your team	Hit 25 balls	Practice sliding 10 times	Slide/Shuffle drill 30 sec - 10 times	Catch 15 fly balls

B	I	N	G	O
25 jumping jacks	Hold plank for 30 sec - 5 times	15 push-ups AND 15 sit-ups	Hit 25 balls	15 sit-ups
Slide/shuffle drill for 30 seconds	Field 20 ground balls	Group text a positive message to your team	Slide/Shuffle drill 30 sec - 10 times	Hit 15 balls
Practice sliding 10 times	Bunt 20 balls	FREE	Play catch for 15 minutes	Catchers- block 20 balls OR not a catcher- 5 wall sits for 30 sec each
Sprint 60ft to first - rounding the base - 5 times	Pick an online workout and complete 2 times	Pitchers- 20 pitches to each spot OR not a pitcher-5 burpees	Sprint 60ft- 5 times	Catch 10 fly balls
Field 10 ground balls	15 push-ups	Hit 25 balls off a T	Bunt 15 balls	Catch 15 fly balls