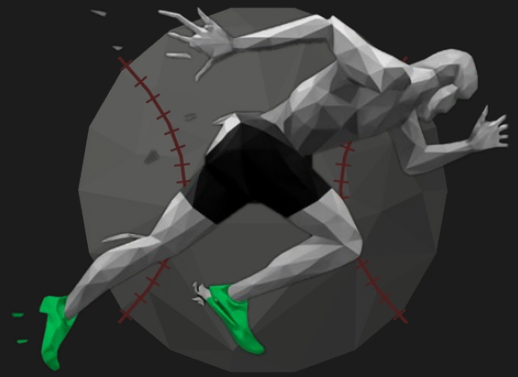


CARTER PEAK PERFORMANCE

SPEED BY SPORT

BASEBALL 90 FEET AT A TIME



WHAT THE GAME DEMANDS

Short, all-out bursts (a steal, first-to-third, an outfield read) followed by long rest. The first three steps decide most plays.

WHAT SCOUTS TIME

- 60-yard dash: acceleration and top speed
- Home to first: first step out of the box
- Train it like plays: short bursts, full recovery

OFF-SEASON WEEK

DAY A · FIRST STEP

- Lead-off starts on a “pitcher move” cue, 6 reps
- Sled at 20–30% bodyweight (heavier if trained), 4 × 10 yd
- Broad jumps, 3 × 3
- Rotational scoop throws, 3 × 3 each side

DAY B · TOP SPEED AND BASES

- Flying 10s at 95%+, 3–4 reps
- First-to-third banana turns, × 4
- Bounding, 3 × 20 yd
- Step-ups

DAY C · GAME SPEED AND CUTS

- Fly-ball drop steps, 4 each side
- Pickoff returns (180° back to the bag), × 6
- Infield first-step reactions, × 6

LOW DAY · RECOVERY

- Tempo work at easy effort
- Mobility
- Arm care

CREATIVE DRILLS

READ THE PITCHER

Coach works from the stretch. The runner breaks for second on first move or gets back on a pickoff.

BANANA RACE

On “double in the gap,” two runners race from home to third, rounding each base the right way.

STEAL CLOCK

Time lead-off to second every two weeks. Players love watching the number drop.

IN-SEASON

Speed touch every 4–5 days: 2–3 flying reps. Pitchers sprint too, short and away from throwing days.

TEST IT: WEEKS 1, 4, 8

10 yd split · Flying 10 · 90° and 180° cut deficit · 60-yard dash · Home to first