



XERSPORTS™

Boot Camps
from Exercise Technology, Inc.

Adult Boot Camp
Baseball and Softball

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Sportwall®

XERTRAINER™

XERPRO™

XerSports Four Session Boot Camp for Adults

BASEBALL/SOFTBALL

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Page	Session	Sport	Activities	Purpose
8	1	Baseball/ Softball	Field Relay	Increase functional speed and agility and decision making.
			Turn Two	Improve eye/hand coordination and throw accuracy.
11	2	Baseball/ Softball	Ground Balls	Improve the soft toss between fielders and making the transition into the throw.
			Up The Middle	Improve eye/hand coordination while fielding ground balls.
14	3	Baseball/ Softball	Backhand/Forehand	Focus on lateral movement while fielding balls.
			On The Move	Improve throw accuracy while staying on the move.
17	4	Baseball/ Softball	Quick Hands	Focus on making accurate throws from multiple spots.
			Toss and Field Relay	Work on teamwork and communication through a multi-station relay format.

For a more detailed look at XerGames Fitness and XerSports Boot Camps, please contact us at 800-900-8542, Solutions@XerGames.com, or ask your XerGames Solutions Consultant.