

Topic of the day: Proper hitting position

Warm –up: 3:00-3:10

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| 1.) Rundown warm up  | 2.) 2 minute stations (in groups of 3 or 4)        |
| a.) Partner med ball | b.) Agility ladder c.) Dynamic stretch d.) J-Bands |

Base running: 3:10-3:20

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| -Straight steal jumps from first             | Emphasis: vs. LHP, 1 <sup>st</sup> move and read move |
| -Reading ball from third w/ less than 2 outs | Emphasis: Groundball w/IF back or in, flyball tag     |

Hitting Rotation: 3:25-4:15 (including demo) Station Length: 5 minute

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| 1.) Medball Side Tosses             | John/Tom    | Emphasis: Using core to throw medball        |
| 2.) Stride, load, first move        | Eric/Kyle   | Emphasis: Hitting position, start w/ lower ½ |
| 3.) 1, 2, Fire off tee              | Ryan/Nate   | Emphasis: Hitting position/lower ½ first     |
| 4.) Babe Ruth Drill off tee         | Jay/Matt    | Emphasis: Hitting position, balance          |
| 5.) Hit/Take Drill off tee          | Craig/Barry | Emphasis: Hitting position, reaction         |
| 6.) Partner sprints                 | Sam/Nick    | Emphasis: Quick reactions, condition         |
| 7.) Post-Stride front flips in cage | Frank/Dave  | Emphasis: Hitting position, lower ½ first    |
| 8.) Live BP in cage                 | Open        | Emphasis: Coach check hitting position       |

Team Concept: Safety Squeeze 4:25-4:40

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| Two “stations w/home plate and 3 <sup>rd</sup> base | Emphasis: Bunt to 1B line, bunt good pitch, runner reacts to ball down, group w/highest % wins |
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Team debrief/announcements: 4:45-5:00

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| 1.) Review hitting position by questioning | 2.) Review Baserunning/Safety Squeeze through questioning |
| 3.) Player of the practice                 | 4.) Next game/practice 5.) Any additional announcements   |