



**INSTANT**

# **BASEBALL PRACTICE**

**HITTING SKILLS AND DRILLS**

6 Pre-Designed Baseball Practice Plans

**Packed With 17  
Skill-Building Drills for  
All Ages**

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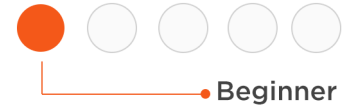


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# SWING AND SPRINT

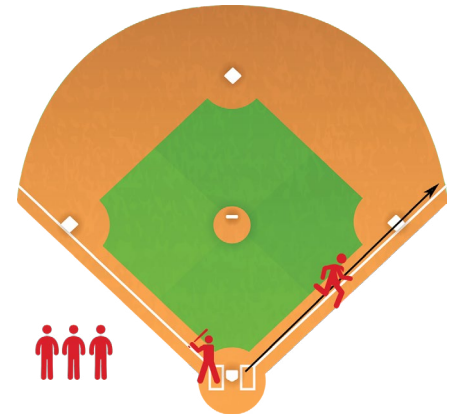


## PURPOSE:

Helps players learn to get out of the box quickly, emphasizing the acceleration phase of the sprint to first

## SETUP:

You can run this drill in the infield, or set up a home plate and first base in the outfield the appropriate distance apart. Players line up at home plate with a bat and helmet



*Baserunners practice sprinting through the bag at first base*

## INSTRUCTIONS:

1. The first player in line steps up to the plate and gets in his normal batting stance
2. He simulates a full, game-like swing, drops the bat, then explodes to first base with three powerful strides
3. He sprints hard through first base, then breaks down to slow into an athletic position
4. Repeat with the next player in line

## COACHING TIPS:

- During the acceleration phase, the baserunner's strides should be short and powerful. As he picks up speed, the stride should lengthen
- Try to touch the front part of the bag with your foot – it's the closest to home and will save a fraction of a second
- Coaches can time the sprint from home to first and keep track of progress throughout the year

### MAKE IT HARDER

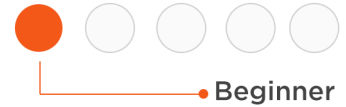
- Take three powerful strides, then take a quick peek into the field to locate the ball.
- In a live situation, this would influence their decision to run straight for first or start taking a turn for a potential double
- After touching first base and breaking down, take another peek into the infield and locate the ball again.

### MAKE IT EASIER

- Skip the swing and just have players sprint from home to first. Then introduce the bat and the swing after they get the hang of it



# BASE RACE

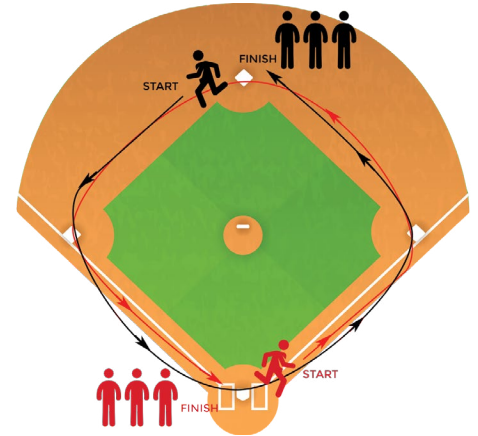


## PURPOSE:

A fun, competitive drill that gets players warmed up and teaches them how to make proper turns at the bases

## SETUP:

Split the players into two teams. Place one team at home plate with and one team at second base.



*Two teams sprint around the bases in this fun relay race*

## INSTRUCTIONS:

1. Give a baseball to the first player in each line. This will be their “baton” they will pass to each member of the relay team
2. On the coach’s signal the first player for each team takes off.
3. The player at home runs from home to first, and circles the bases until he completes a circuit back to home plate.
4. The player starting from second runs from second to third, and circles the bases until he completes a circuit back to second base.
5. After a completed circuit the player passes the ball to the next player in line, who continues the relay race.
6. The first team to have all players complete the circuit and sit down wins

## COACHING TIPS:

- Make sure to keep the waiting players well out off the basepaths to avoid collisions
- To maximize speed, the baserunner should try to strike the inside edge of the base with his right foot
- If your players know how, you can have the last player slide into the final base to complete the race

### MAKE IT HARDER

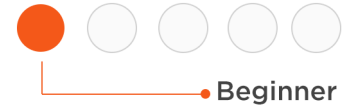
- Baserunner must bent-leg slide to finish the 4-base circuit

### MAKE IT EASIER

- Add cones or coaches at each base to show baserunners the proper path to take around the bases



## ONE STEP BACK PARTNER THROWING

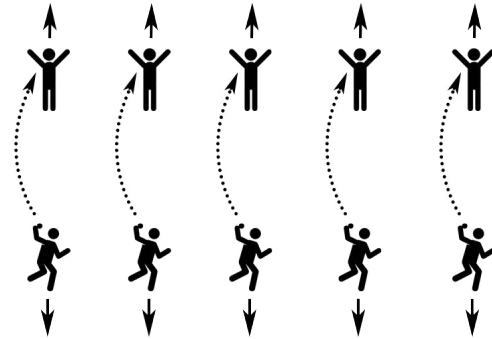


### PURPOSE:

To improve throwing technique and arm strength.

### SETUP:

Group your players into pairs based on similar throwing/catching abilities. All players should have a glove, and one player in the pair should have a ball. Make two lines, with pairs facing each other about 10 feet apart to begin.



*Players move back one step for each successful throw*

### INSTRUCTIONS:

1. To begin, player with the ball throws the ball to their partner.
2. Partner catches the ball and throws the ball back.
3. If both players successful execute a good throw and catch, both players take one step back and begin the drill again.
4. Every time they pair both execute one good throw and catch from the new distance, they take a step backwards.
5. If a poor throw or bad catch happens, players remain at that distance a few extra reps until a good catch and throw is made by each player.

### COACHING TIPS:

- After each catch, take a moment to grip the ball using a four-seam grip. Place the index and middle fingers across the seams so the “horseshoe” portion is facing sideways, making a backwards “C.” Younger players may need to place three fingers across the top of the ball instead of two.
- For more accuracy and velocity, hold the ball in your fingertips, not your palm.
- Emphasize cocking the wrist as the throwing arm is brought back into the “L” position.
- Point the glove side shoulder toward the target and step into the throw with the glove side foot



# FRONT TOSS DRILL

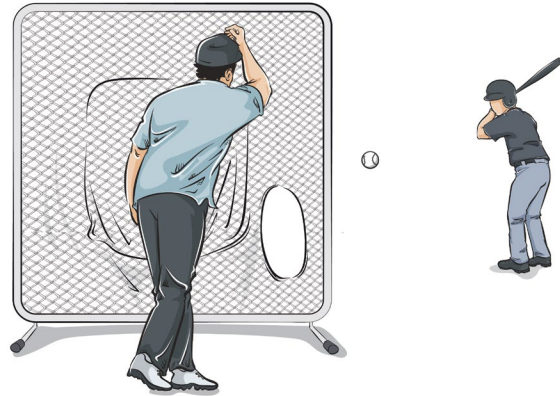


## PURPOSE:

Helps improve hitting mechanics while adjusting to different pitches through the strike zone

## SETUP:

For younger teams, assign a coach or parent helper to each player, who will act as the tosser. Older players can partner up and toss to each other. The tosser stands 20 feet in front of the hitter with a bucket of balls. Use a pitching screen for safety.



*Coach soft-tosses to hitter from directly in front*

## INSTRUCTIONS:

1. The hitter gets into his normal batting stance
2. The tosser lobs a strike into the hitting zone. He can throw underhand or overhand
3. The hitter takes his stride, loads up and swings, trying to make line drive contact

## COACHING TIPS:

- The tosser should throw the ball to different parts of the strike zone.
- The hitter should be making contact at the front of the plate on inside pitches, middle of the plate on middle pitches, and back of the plate on outside pitches

### MAKE IT HARDER

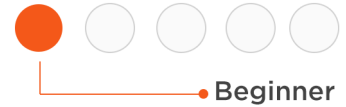
- Mix up the speed of the pitch to test the hitter's reaction time

### MAKE IT EASIER

- Start by tossing from 6-8 feet in front of the hitter. Then take a step back after each successful hit



# BUNT VISUALIZATION DRILL

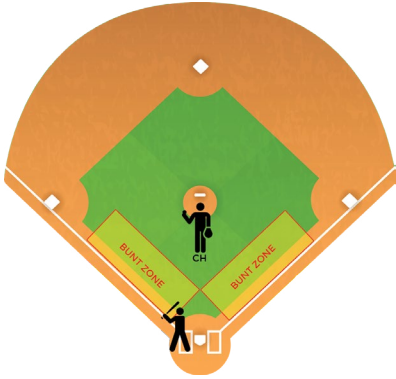


## PURPOSE:

Helps players develop proper bunting technique and timing

## SETUP:

One coach works with a group of players in this drill. Find a space in the field and have all players spread out with at least 4-6 feet of space between them. Each player has a bat and helmet



*Hitters learn proper bunting technique*

## INSTRUCTIONS:

1. The coach will play the “pitcher” in this drill. He stands 20-30 feet in front of the players in the stretch position.
2. The batters begin in their normal batting stance
3. Coach goes into his pitching motion. As he finishes his stride and begins to cock his arm back, the batters square around into bunting position and freeze.
4. Coach evaluates their timing and mechanics, and provides corrections
5. The drill restarts. This time, the coach will complete his pitching motion and throw an imaginary ball.
6. The batters will square around into bunting position and visualize the ball being released, flying into the strike zone and making contact for a bunt

## BUNTING POSITION CHECKLIST:

- Slide the top hand halfway up the bat and hold it between your index finger and thumb
- Bunt the top half of the ball, so it is directed immediately toward the ground
- Keep the knees bent and the eyes just over the bat. Move the entire body up or down to adjust to the pitch. Do not jab at the ball

### MAKE IT HARDER

- Add a live pitcher to the drill
- Throw fastballs, changeups and breaking balls to the bunter

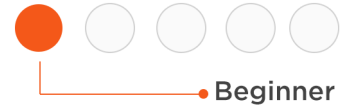
### MAKE IT EASIER

- Coach stands behind the bunter and helps get him into proper bunting position



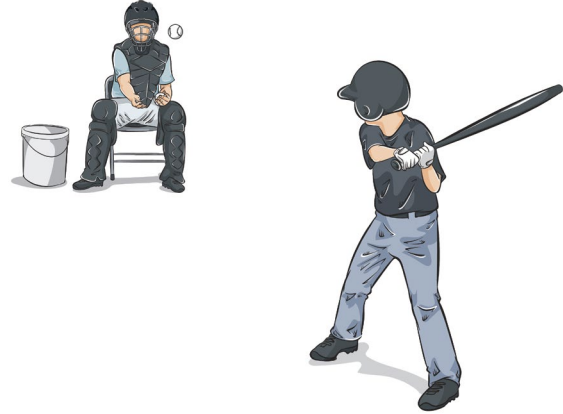


# COACH KNOCKOUT



## PURPOSE:

A fun drill for younger kids. Helps them drive the ball hard up the middle



## SETUP:

Coach puts on full protective catcher gear and sits on a chair 15-20 feet from home plate. He has a bucket of soft sponge balls. The hitter sets up at the plate in his normal batting stance.

*Batters try to knock over the (well-protected) coach with soft sponge balls*

## INSTRUCTIONS:

1. The coach will soft toss the sponge balls to the batter
2. The batter will try to make line drive contact and knock the coach off the chair
3. Have fun with this drill by exaggerating the force of the hit and dramatically falling off the chair. Young kids love to see their coaches get silly.

## COACHING TIPS:

- You can also work on bat speed by making this a rapid fire drill. Throw 5 balls in a row - each time the batter takes his swing then immediately whips the bat back to the load position

### MAKE IT HARDER

- Move the coach back farther
- Throw pitches to different parts of the strike zone

### MAKE IT EASIER

- Batters hit off a tee instead of soft-toss



# BUNT AND RUN

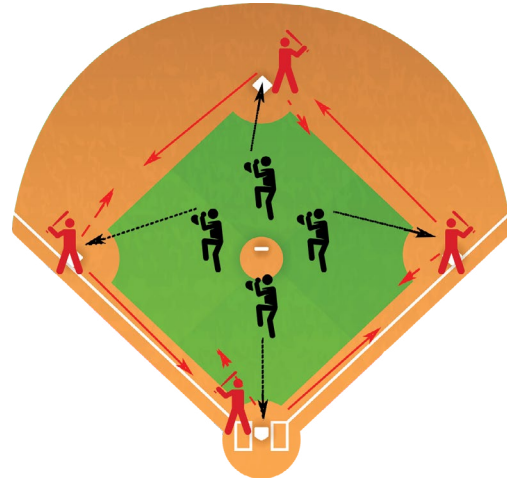


## PURPOSE:

Helps players learn to bunt for base hits

## SETUP:

You can do this drill in the infield or with any open space in the outfield. Set up a small diamond with four bases 40-60 feet apart. Have four pitchers in the middle of the diamond. One bunter (with helmet and bat) – at each base. And one catcher behind each base.



*Four batters practice bunting and sprinting to first*

## INSTRUCTIONS:

1. On the coach's signal all four pitchers throw an easy strike to the bunter
2. The bunter lays down a drag bunt to their left side, then sprints to the next base. All four bunters run in the same direction (home goes to first, first goes to second, second to third, third to home).
3. The catcher fields the bunt and the drill re-sets
4. Repeat, this time with the bunter laying down a drag bunt to his right side.
5. Continue around the bases until the bunters have all made four bunts.
6. Switch positions – pitcher to bunter, bunter to catcher, catcher to pitcher and repeat

## COACHING TIPS:

- Try to bunt the ball 20-25 feet, as close to the foul line as possible
- Remember to bunt first, then run.
- Focus on the first four strides to first base. Explode out of the box by driving off the back foot and pumping the arms to gain speed

### MAKE IT HARDER

- Practice the push bunt – hold the bat more firmly and aim to bunt the ball past the pitcher and toward the second basement

### MAKE IT EASIER

- Throw soft-toss instead of live pitching



# KNEE PINCH DRILL

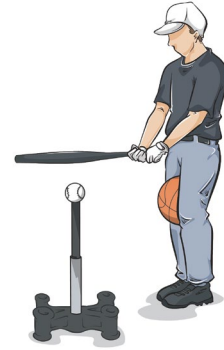


## PURPOSE:

Helps prevent overstriding, while improving balance, rhythm and timing

## SETUP:

Place a batting tee and a ball directly over the plate. The batter sets up in his normal stance. Coach holds a soccer ball next to the hitter.



*Hitters practice taking a short, controlled stride by holding a soccer ball between their knees*

## INSTRUCTIONS:

1. The hitter gets into hitting position, then places the soccer ball between his knees, holding it in place by pinching his knees together
2. The hitter will check his alignment by taking a slow practice swing - making sure that the sweet spot lines up with the ball
3. On the coach's signal, the hitter makes a short, controlled stride, loads up and swings, making line drive contact with the ball
4. If done correctly the ball will stay securely between the hitter's knees. If he overstrides, the ball will drop to the ground

## COACHING TIPS:

- If you don't have a soccer ball, you can use a deflated basketball, volleyball, playground ball or batting helmet
- Keep the lower body relaxed and rotate the back hip forward with the swing

### MAKE IT HARDER

- Challenge the hitter further by hitting off soft toss, then off coach pitch, machine pitch or player pitch

### MAKE IT EASIER

- Do this drill with dry swings only - without the ball and tee



# STRIDE LINE DRILL

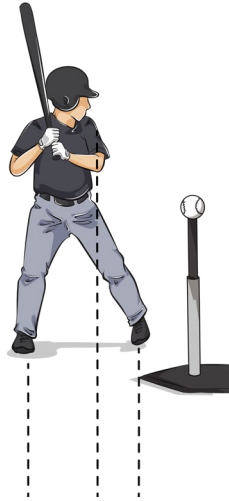


## PURPOSE:

Helps players learn to get out of the box quickly, emphasizing the acceleration phase of the sprint to first

## SETUP:

You can run this drill in the infield, or set up a home plate and first base in the outfield the appropriate distance apart. Players line up at home plate with a bat and helmet



*Hitters practice taking a short, quick stride to load up the swing and improve timing*

## INSTRUCTIONS:

1. The hitter will check his alignment by taking a slow practice swing – making sure that the sweet spot lines up with the ball
2. On the coach's signal, the hitter makes a short, quick stride aiming to set his front foot down on the stride line.
3. Coach checks the stride position and makes any necessary corrections
4. On the next signal the hitter strides, loads up and swings, making line drive contact with the ball

## COACHING TIPS:

- The stride foot should land softly and in an athletic position
- Keep the front side closed. Avoid opening up the hips toward the pitcher when you stride (otherwise known as “stepping in the bucket”)
- The stride and the swing are two separate actions – the swing should not start until the stride foot lands

### MAKE IT HARDER

- To practice hitting changeups, stride first, pause, then swing to simulate the timing of hitting an off-speed pitch

### MAKE IT EASIER

- Tie a string connecting the front and back foot, and preventing overstriding





# BACK TOSS DRILL

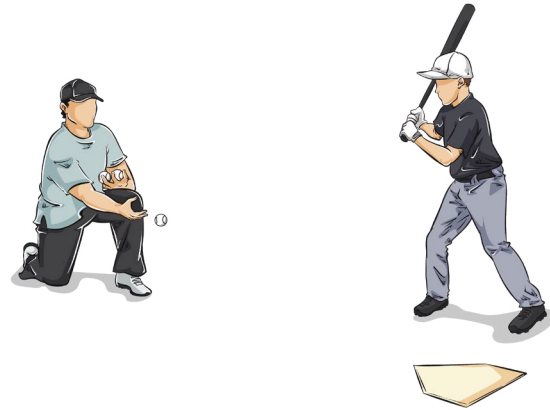


## PURPOSE:

Helps vision and ball tracking, while teaching hitters to keep their hands inside the ball

## SETUP:

For younger teams, assign a coach or parent helper to each player, who will act as the tosser. Older players can partner up and toss to each other. The tosser kneels 6-8 feet behind the hitter with a bucket of balls. The hitter sets up at a plate in his normal batting stance, turning his head back to watch the tosser.



*Coach soft-tosses to hitter from directly behind*

## INSTRUCTIONS:

1. This drill is similar to a regular soft toss, but the tosser is directly behind the batter in this case
2. The tosser softly lobs the ball towards the hitter, aiming for the middle or outside of the plate
3. The hitter watches the path of the ball, then takes his normal swing, trying to drive the ball each time

## COACHING TIPS:

- One of the most common hitting faults is “casting” or sweeping the barrel around to the point of contact.
- With this drill, it’s almost impossible to make solid contact with a casting swing. It forces hitters to keep the barrel inside the pitch until the moment of contact

### MAKE IT HARDER

- Use smaller, whiffle golf balls to improve vision and tracking

### MAKE IT EASIER

- Start by tossing from the front, then move to the side, then behind the hitter as they get more comfortable



# BLIND TEE DRILL



## PURPOSE:

To help hitters visualize the contact points for pitches in various locations

## SETUP:

Set up three batting tees at the plate as shown below. One directly over the plate. One off the front inside corner. And one off the back outside corner. The batter sets up in his normal stance.



*Batter opens his eyes, then hits the ball off one of 3 tees*

## INSTRUCTIONS:

1. Once the hitter is ready, he closes his eyes
2. The coach places a ball on one of the tees, then counts down “3, 2, 1”
3. At “1” the batter loads his swing and takes his stride.
4. The coach yells “Go!”
5. The batter immediately opens his eyes, identifies which tee the ball is on, swings, and drives the ball in the correct direction

## COACHING TIPS:

- A ball on the middle tee should be hit straight back up the middle
- A ball on the outside tee should be driven to the opposite field
- A ball on the inside tee should be hit to the pull side

### MAKE IT HARDER

- Adjust the ball position and height of the tee while the batter’s eyes are closed

### MAKE IT EASIER

- Start by doing the drill with eyes open. Teach hitters the proper contact points for different pitch locations. Then progress to the blind version.



# DOUBLE TEE DRILL



## PURPOSE:

To help hitters hit the ball with a level swing, and avoid looping or uppercutting

## SETUP:

Set up two batting tees at the plate as shown in the illustration. One directly over the plate. One directly in front of it. Both tees should be set to the same height. The batter sets up in his normal stance.



*Batters try to hit the first ball directly into the second ball*

## INSTRUCTIONS:

1. Place one ball on each tee
2. The hitter will check his alignment by taking a slow practice swing - making sure that the sweet spot lines up with the ball
3. On the coach's signal, the hitter makes his stride, then a full swing, trying to make line drive contact with the first ball
4. If done correctly the first ball will ricochet directly into the second ball, indicating a level swing and line drive contact

## COACHING TIPS:

- Reaching for the ball or uppercutting will pop the first ball up over the second. Swinging on an overly steep downward plane will drive the first ball into the ground
- To make this more challenging, try this drill using the top hand or bottom hand only. Choke up or user a lighter bat to maintain control.

### MAKE IT HARDER

- TAdd a third tee and ball. Can the hitter create a three-ball chain reaction?

### MAKE IT EASIER

- Start with one tee facing a fence, net or backstop. Identify a line drive target for the hitter to aim for.



# ONE KNEE SOFT TOSS DRILL

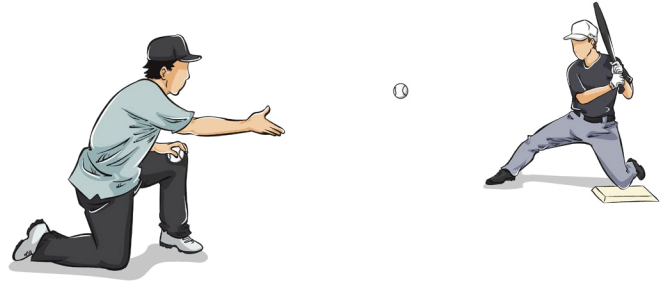


## PURPOSE:

Isolates upper body mechanics so hitters can work on the proper bat path and timing

## SETUP:

For younger teams, assign a coach or parent helper to each player, who will act as the tosser. Older players can partner up and toss to each other. The tosser kneels at a 45° angle from the hitter 8-10 feet away. The hitter sets up at a plate with his helmet and bat.



*Partner soft-tosses to hitter on one knee*

## INSTRUCTIONS:

1. The hitter drops into a kneeling position, with his back knee down and front leg extended to the front with a slight bend
2. The tosser lobs the ball into the strike zone.
3. The hitter swings, trying to drive the ball into the net or field

## COACHING TIPS:

- If you're doing this drill in the dirt, throw down a base, pad or towel under the hitter's knee for comfort.

### MAKE IT HARDER

- Draw a number on each ball. Ask the hitter to focus on the ball as it approaches, then call out the number on it as he swings

### MAKE IT EASIER

- Younger players may have difficulty generating much power from this position. Feel free to suggest a lighter bat, or have them choke up 2-3 inches.





# HITTING H.O.R.S.E.

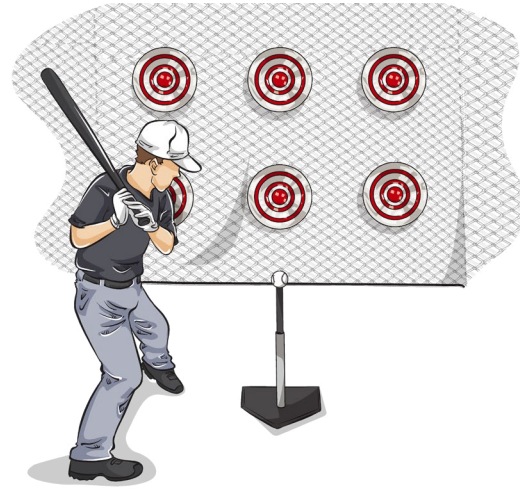


## PURPOSE:

Works on hitting the ball to specific field locations

## SETUP:

This works best with small groups of 2-4 hitters. Set up a tee facing in to a net, backstop or cage. Mark out 6 targets on the net. The first hitter sets up at the tee with the others close by.



*Batters work on hitting to the pull side, middle and opposite field in this competitive game*

## INSTRUCTIONS:

1. This game works just like playing H.O.R.S.E. in basketball.
2. The first hitter steps up to the tee and calls out which target he is aiming for.
3. He swings and aims for the target. If he hits it, the other players each attempt to hit the same target. If they miss it, they get a letter (H, then O, then R and so on)
4. If the first hitter missed the target, it's the next hitter's turn to pick his target and try to hit it. The drill continues with each hitter taking a turn
5. If a hitter accumulates 5 letters (H.O.R.S.E.) he is out of the game

## COACHING TIPS:

- Hitters should learn to adjust their stance to hit the ball to the pull side or opposite field.

### MAKE IT HARDER

- Use a side soft-toss instead of a tee

### MAKE IT EASIER

- Try Bunt H.O.R.S.E. Set up 6 hula hoops on the field and soft toss to each hitter. They pick a hoop to aim for and bunt the ball into it. The other players must execute the same bunt or they get a letter.



# CARRY THE TEAM

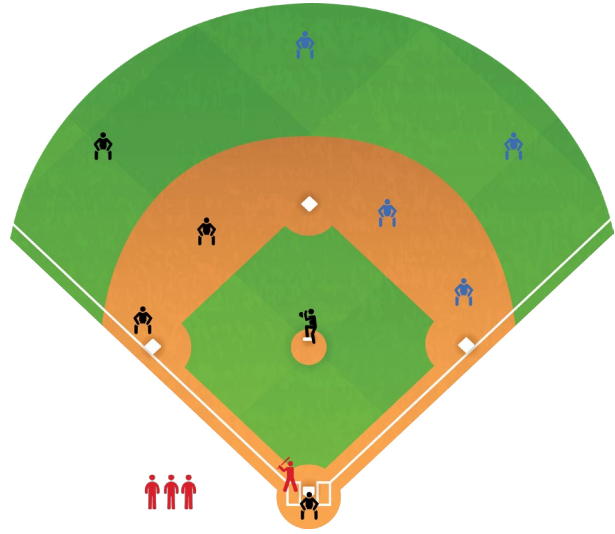


## PURPOSE:

A fun, game-like drill that practices hitting, baserunning and fielding.

## SETUP:

Split your players into three even teams of roughly 4-5 players each. Two teams fill out the defensive positions while the third team is on offense.



*Each player gets an unlimited number of at-bats until he makes an out*

## INSTRUCTIONS:

1. The first offensive player steps to the plate and tries to hit and reach base
2. If he makes an out, he is eliminated from the game. If he reaches base, he tries to score as a baserunner.
3. Each offensive player can have an unlimited number of at-bats, until they make an out. If you keep reaching base successfully, you get to keep batting
4. The goal of the game is for each team to score as many runs as possible
5. Continue playing until every offensive player has made an out. Then rotate a new offensive team in and repeat

## COACHING TIPS:

- You can use ghost runners to advance on the bases as necessary
- If one team has fewer players than the others, one player can be given two outs to use

### MAKE IT HARDER

- Use live pitching

### MAKE IT EASIER

- Use soft-toss pitching or a pitching machine



# PITCHER'S COUNT

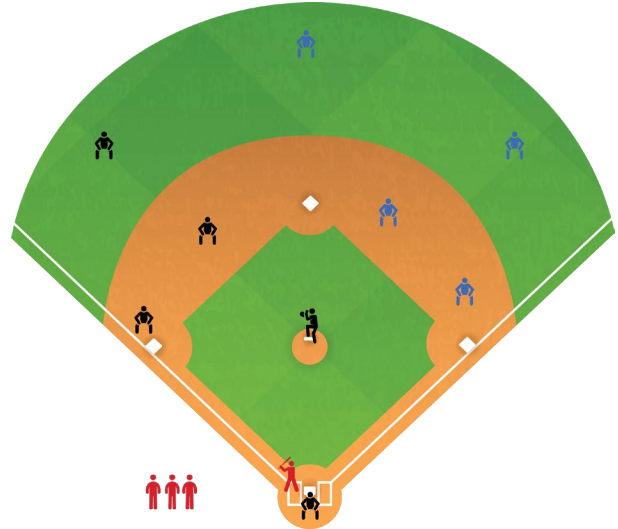


## PURPOSE:

A fun, game-like drill that practices hitting with a count that favors the pitcher.

## SETUP:

Split your players into three even teams of roughly 4-5 players each. Two teams fill out the defensive positions while the third team is on offense.



*Hitters make adjustments and try to reach base facing an 0-2 count*

## INSTRUCTIONS:

1. The first offensive player steps to the plate, inheriting an 0-2 count
2. If he reaches base, he becomes a baserunner and tries to score
3. The offensive team gets a point for successfully reaching base, and another point if they score a run
4. After a team records three outs, rotate positions and repeat

## COACHING TIPS:

- When facing an 0-2 count, the batters should make the following adjustments
  - Choke up on the bat to increase bat control, and create a shorter, quicker swing
  - Wide the stance to reduce head movement and create a more stable base
  - Consider moving closer to the plate so you can cover the outside edge of the strike zone. You could also get lucky and get hit by a pitch
  - Change your mental approach to focus on seeing the ball as long as possible, and making a short, quick swing

### MAKE IT HARDER

- Use live pitching

### MAKE IT EASIER

- Start the batter with an 0-1 count
- Use a soft-toss pitching or a pitching machine



# 3-PITCH SETS

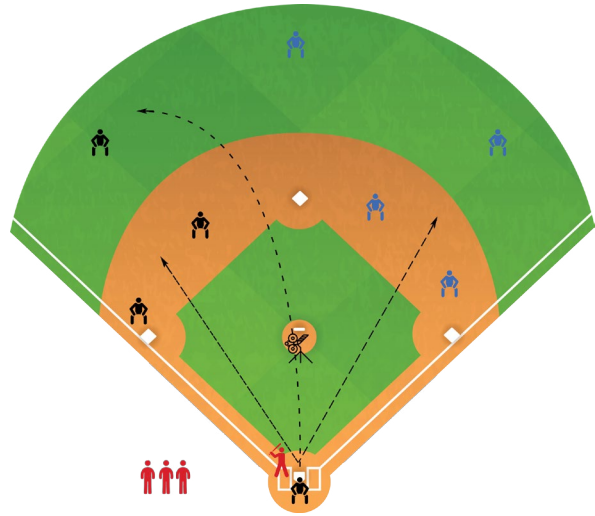


## PURPOSE:

A fun, game-like drill that practices hitting, baserunning and fielding.

## SETUP:

Split your players into three even teams of roughly 4-5 players each. Two teams fill out the defensive positions while the third team is on offense. Set up a pitching machine or have a coach soft-toss to the hitters.



*Hitters try to execute specific situational hitting strategies to score points for their team*

## INSTRUCTIONS:

1. The first offensive player steps to the plate and with a bat and helmet
2. He receives a two sets of three pitches. Each set will have a specific focus defined by the Coach. The hitter earns one point for each successfully executed hit.
3. For the first set, the hitter will lay down three bunts - a sac bunt up the left side, a sac bunt up the right side, and a push bunt through the gap for a base hit
4. For the second set, the hitter will execute a ground ball up the left side, then a ground ball up the right side, then a sacrifice fly with a runner on third.
5. After each hitter has completed his two sets, rotate the teams and repeat.
6. The team with the most points at the end wins the drill

## COACHING TIPS:

- You can also do this drill in the batting cage or any open field space. Just use verbal cues and

### MAKE IT HARDER

- Add live baserunners
- Ask the hitter to place his hits into certain gaps on the field

### MAKE IT EASIER

- Allow two attempts for each hit





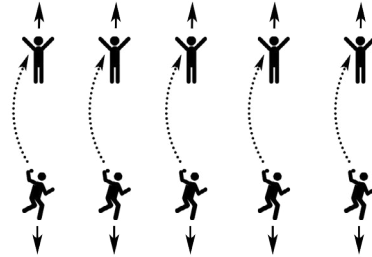
# 60 MINUTE BASEBALL PRACTICE - HITTING EMPHASIS

Required: 2 coaches, balls, bats, helmets, tees, bases, cones



## Warmup: 10 Mins (Full Team)

### One Step Back Partner Throwing: 10 mins



Players move back one step for each successful throw

### Water Break: 3-5 Minutes (Coaches Set Up Stations)

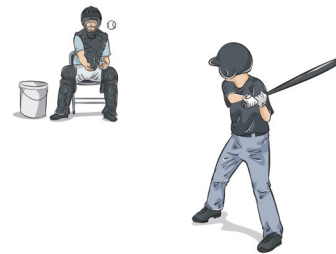
## Stations: 20 Mins (Split Team Into Two Groups and Rotate Through Each Drill For 10 Mins)

### Front Toss Drill: 10 mins (Infield)



Coach soft-tosses to hitter from directly in front

### Coach Knockout: 10 mins (Outfield)



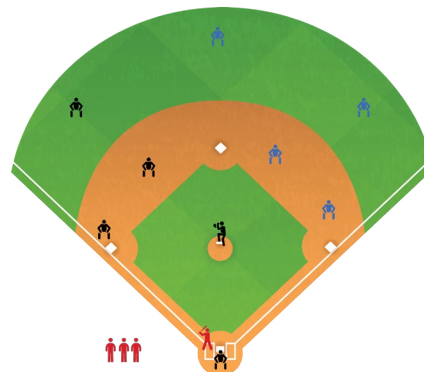
Batters try to knock over the (well-protected) coach with soft sponge balls

### Water Break: 3-5 Minutes (Coaches Set Up Stations)

## Game Preparation: 20 Mins (Full Team)

### Carry the Team: 20 Mins

Each player gets an unlimited number of at-bats until he makes an out





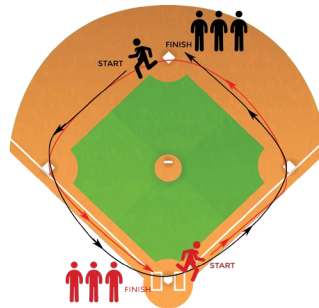
# 60 MINUTE BASEBALL PRACTICE - HITTING EMPHASIS

Required: 2 coaches, balls, bats, helmets, tees, bases, cones



## Warmup: 10 Mins (Full Team)

### Base Race: 10 mins

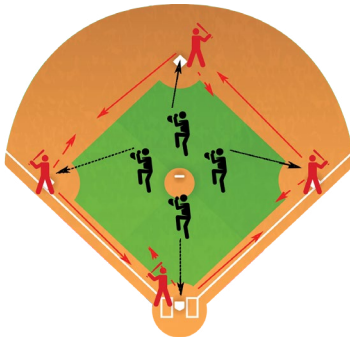


*Two teams sprint around the bases in this fun relay race*

**Water Break:** 3-5 Minutes (Coaches Set Up Stations)

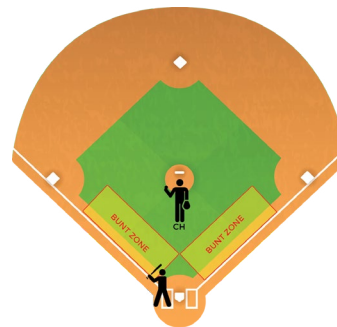
## Stations: 20 Mins (Split Team Into Two Groups and Rotate Through Each Drill For 10 Mins)

### Bunt and Run: 10 mins (Infield)



*Four batters practice bunting and sprinting to first*

### Bunt Visualization Drill: 10 mins (Outfield)



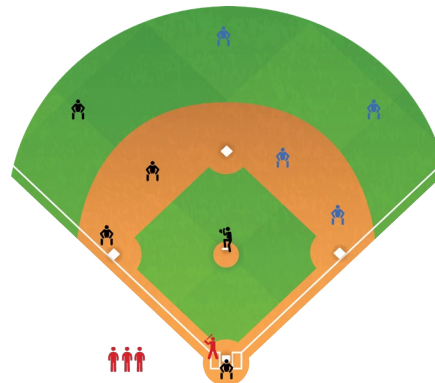
*Hitters learn proper bunting technique*

**Water Break:** 3-5 Minutes (Coaches Set Up Stations)

## Game Preparation: 20 Mins (Full Team)

### Carry the Team: 20 Mins

*Each player gets an unlimited number of at-bats until he makes an out*





# 90 MINUTE BASEBALL PRACTICE - HITTING EMPHASIS

Required: 3 coaches, balls, bats, helmets, tees, bases, cones

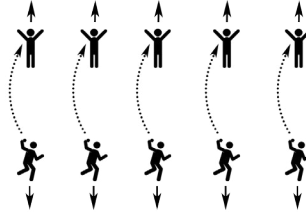


## Warmup: 20 Mins (Full Team)

### Dynamic Warmup: 10 mins

Skip Forward and Backward. High Knee Runs. Carioca. Butt-kickers. Walking Lunges.

### One Step Back Partner Throwing: 10 mins



Players move back one step for each successful throw

### Water Break: 3-5 Minutes (Coaches Set Up Stations)

## Stations: 20 Mins (Split Team Into Two Groups and Rotate Through Each Drill For 10 Mins)

### Stride Line Drill: 10 mins (Infield)



Hitters practice taking a short, quick stride to load up the swing and improve timing

### Knee Pinch Drill: 10 mins (Outfield)



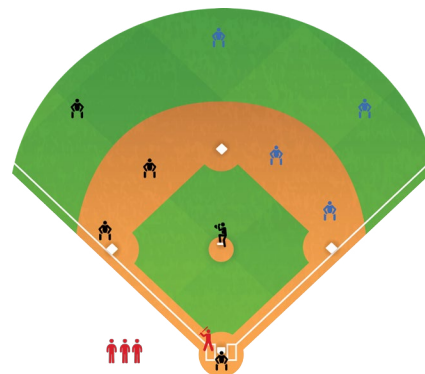
Hitters practice taking a short, controlled stride by holding a soccer ball between their knees

### Water Break: 3-5 Minutes (Coaches Set Up Stations)

## Game Preparation: 40 Mins (Full Team)

### Pitcher's Count: 40 Mins

Hitters make adjustments and try to reach base facing an 0-2 count





# 90 MINUTE BASEBALL PRACTICE - HITTING EMPHASIS

Required: 3 coaches, balls, bats, helmets, tees, bases, cones

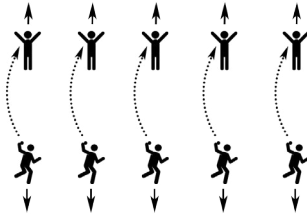


## Warmup: 20 Mins (Full Team)

**Dynamic Warmup:** 10 mins

Skip Forward and Backward. High Knee Runs. Carioca. Butt-kickers. Walking Lunges.

**One Step Back Partner Throwing:** 10 mins



*Players move back one step for each successful throw*

**Water Break:** 3-5 Minutes (Coaches Set Up Stations)

**Stations:** 30 Mins (Split Team Into Two Groups and Rotate Through Each Drill For 10 Mins)

**Back Toss Drill:** 10 mins (Infield)    **Blind Tee Drill:** 10 mins (Outfield)    **Double Tee Drill:** 10 mins (Outfield)



*Coach soft-tosses to hitter from directly behind*



*Batter opens his eyes, then hits the ball off one of 3 tees*



*Batters try to hit the first ball directly into the second ball*

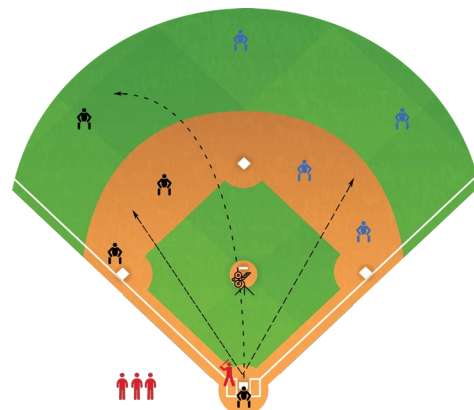


**Water Break:** 3-5 Minutes (Coaches Set Up Stations)

## Game Preparation: 40 Mins (Full Team)

**3 Pitch Sets:** 40 Mins

*Hitters try to execute specific situational hitting strategies to score points for their team*





# 120 MINUTE BASEBALL PRACTICE - HITTING EMPHASIS

Required: 3 coaches, balls, bats, helmets, tees, bases, cones

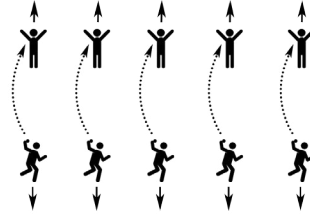


## Warmup: 20 Mins (Full Team)

**Dynamic Warmup:** 10 mins

Skip Forward and Backward. High Knee Runs. Carioca. Butt-kickers. Walking Lunges.

**One Step Back Partner Throwing:** 10 mins



Players move back one step for each successful throw

**Water Break:** 3-5 Minutes (Coaches Set Up Stations)

**Stations:** 45 Mins (Split Team Into Three Groups and Rotate Through Each Drill For 15 Mins)

**Back Toss Drill:** 15 mins (Infield)

**Blind Tee Drill:** 15 mins (Outfield)

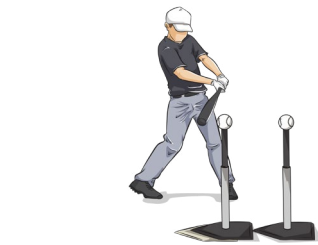
**Double Tee Drill:** 15 mins (Outfield)



Coach soft-tosses to hitter from directly behind



Batter opens his eyes, then hits the ball off one of 3 tees



Batters try to hit the first ball directly into the second ball

**Water Break:** 3-5 Minutes (Coaches Set Up Stations)

## Game Preparation: 45 Mins (Full Team)

**3 Pitch Sets:** 45 Mins

Hitters try to execute specific situational hitting strategies to score points for their team

