



## Batting Practice Structure

### 3 groups

- Group 1
  - Live hitting and base running
    - 2 batters alternating after each Level (30 swings each)
      - Level 1 – Soft toss -10 swings
      - Level 2 – Inside pitches - 10 swings
      - Level 3 – Outside pitches - 10 swings
      - On deck batter works on timing by swinging with every pitch
    - 1 or 2 base runners reacting to batted balls at 1<sup>st</sup> base.
      - Ground ball – 3 or 4 hard steps, then get back to read the next possible pitch;
      - Line Drive – Freeze; return if caught; break 3 or 4 steps if hits ground;
      - Fly Ball – Distance off base relative to distance of fly ball from base.
- Group 2
  - Defense
    - Infield positions
    - Ready position each pitch
    - Play all balls like it was the bottom of the 6<sup>th</sup>
    - Field and throw to 1<sup>st</sup>
    - Leave balls that cannot be fielded, all players will help with pick up
    - Reset quickly for next pitch (eyes always on batter)
- Group 3
  - Skills stations
    - Bunting (2 batters)
      - Dual plates
      - Coach throws firm direct pitches from 20'
      - Alternate pitches to players
    - Tee work into net
      - 2 batters alternate every 10 swings hitting ball off tee in to net
      - Do not rush, go through process before each swing (quality not quantity)
      - Look “at the pitcher” before every swing.