



Advanced Batting Practice

Skill Set: Hitting

Difficulty Level: Hard

Number of Athletes and Coaches: Team and all coaches

Average Time to Complete: 60 minutes

Equipment Required: Field, tees, baseballs, net or screen to hit into, cage

Goal: Focus on team hitting, fielding, and base running through different stations

Description of the Drill:

- At least one coach at each station during BP. Break team into small groups, 3–4 players each. Each station will rotate to the next numerical station. Station 6 will rotate to station 1.
- Station 1: Defensive Station
 - Outfield and infield live reads and fungo
- Station 2: Cage One Station
 - Regular front toss and off-speed toss
- Station 3: Tee Station
 - Check point tee and regular tee
- Station 4: Live Hitting Station
 - Situations determined by coach, 10 swings per player
- Station 5: Base Running Station
 - Reads at first base, second, and third base
- Station 6: Defensive Station
 - Outfield and infield live reads and fungo
- Groups rotate after 10 minutes at a station, or after everyone in the group that is hitting live on the field has hit.

Add Difficulty:

- The following hitting routines provide hitting situations that can be performed during batting practice, and the suggested repetition for each situation.
- **Situational Routine**
 - SAC, slash, bunt for hit-3
 - Hit & Run-3
 - Opposite field-3
 - power alley-3,
 - Move the runner-3
 - Positive count-3, drives-3
 - Swings-5
- **Swing Day Routine**
 - SAC-3
 - Bunt for hit-3
 - Hit & Run-3, swings-3
 - Oppo-3, swings-3
 - Drive the alleys-3
 - Swings-5
- **Approach Day Routine**
 - Fastball-5
 - Off-speed-5
 - Hit & Run-5
 - Opposite Field/alley-5
 - Two-strike-5
 - Positive Count-5