

# Hitting Stations

Cages - everyone wears a helmet and stay behind the screen

1. Pitching Machine - with yellow/white dimples - hit to all fields - have a plan
2. Live Pitching off of a coach
3. 10 steals in the hallway - visualize and use proper footwork

## Bunting

Bunt (wear a helmet) to 1<sup>st</sup> base line and 3<sup>rd</sup> base line - have a player put the ball on a line towards the hitter, use proper body positioning for the bunt (pivot on balls of feet, move hands up on the bat, "catch" the ball on the end of the bat)

## Other open area drills

1. Shuttles - pitcher simulates a curve ball and the hitter needs to stay back to hit it solidly
2. Wall Swings - belly up the bat/stick to the wall and take a full swing without hitting the wall
3. Stand in on the pitchers while they throw in the bullpen – it helps them and it helps you with tracking

## Soft-Toss

1. Slugmaster
2. Soft Toss - regular, two ball, drop, top or bottom, juggles
3. Mauer Quick Swing
4. Tees
5. Tee with deflated basketball - work on point of contact
6. Whiffles

## Goals

- \*200 swings
- \*proper technique

## Things to remember:

- \*Hustle
- \*Have a plan when swinging
- \*Clean up your area before moving on