



Offensive Stations – Cage Work and Baserunning

Skill Set: Offense

Difficulty Level: Easy

Number of Athletes and Coaches: Athletes broken into 8 groups, 1 group per station

Average Time to Complete: 35 minutes, each station takes 5 minutes, then groups rotate stations

Equipment Required: Tee, cages, screens, baseballs, field

Goal: Focus on the fundamentals of hitting and baserunning through rotational stations.

Cage Work Stations

The following stations should be set up in cages or on open fields with a coach tossing at the Backside Angle Toss and the Random Front Toss stations.

1. Location Tee

- Set up in a cage or up against a fence.
- Tee set up in front of the middle of the plate
- Hitter sets up even with the plate, while partner places a ball on the tee
- Hitter hits the ball at the middle contact point for 3 swings, then moves the tee to the inside contact point
- Hitter hits the ball at the inside contact point for 3 swings, then moves the tee to the outside contact point
- Hitter hits the ball at the outside contact point for 3 swings, then the partners switch
- Focus should be on hitting the middle ball up the middle, the inside ball to the pull side, and the outside pitch to the opposite field
- Partners switch after 9 swings

2. Backside Angle Toss

- Set up in a cage or open field
- Screen set up 20 feet from the plate
- Hitter sets up even with the plate
- Coach sets up screen to the left side of the cage, slightly angled
- Coach underhand tosses from the left side of the screen across the middle of the plate
- Hitter tries to hit the ball back up the middle, working on timing with the coach's pitches
- Focus should be hitting the ball back up the middle, staying inside the baseball
- Partners switch after 10 swings

3. Random Front Toss

- Set up in a cage or open field
- Screen set up 30 feet from the plate
- Hitter sets up even with the plate
- Coach underhand throws the ball down at varying speeds and locations, trying to mix up pitches to keep the hitter focused

- Hitter should work on seeing the pitch out of the coach's hand
- Focus should be on identifying the speed of the pitch, strikes and taking good quality swings
- Partners switch after 10 swings

Baserunning Stations

The following stations should be set up on a field or on throw down bases, with a coach or pitcher on the pitcher's mound to simulate the windup and pitch.

4. Rounding 1st Base

- Player starts in the batter's box with a bat, other players in a line behind them against the fence of the backstop
- Coach/partner acting as pitcher, goes through a wind-up without a ball for every hitter
- Cone set up 5 feet in foul territory from the 1st base foul line, 10 feet up the line from 1st base
- The batter swings, drops the bat, and runs to first, staying inside of the cone and striking the front inside corner of 1st base
- The runner slows down after rounding the bag, coming to a shuffle and then getting back to 1st base, then jogs to the back of the line at home plate
- Each player rotates through the line so that they each round 1st base 5 times

5. Leads from 1st Base

- Player starts on 1st base, other players in a line behind 1st base
- Coach/partner acting as pitcher, goes through a wind-up without a ball for every lead
- Rotations:
 - Player takes a basic lead (3.5 shuffle steps), pauses, then goes back to the bag and gets in the back of the line
 - Player takes an aggressive lead (4.5 shuffle steps), pauses but keeps their feet moving, then steals 2nd base
 - Player takes a basic and secondary lead (3.5 shuffle steps plus 3 more aggressive shuffles) then goes back to the bag and gets in the back of the line
 - Player takes a defensive and secondary lead (3 shuffle steps plus 3 more aggressive shuffles), pauses, then goes back to the bag and gets in the back of the line
- Each player rotates through each lead 3 times

6. Leads from 2nd Base

- Player starts on 2nd base, other players in a line behind 2nd base
- Coach/partner acting as pitcher, goes through a wind-up without a ball for every lead
- Rotations (each lead should be slightly angled back):
 - Player takes a lead (10-15 feet) shuffling their feet, pauses, then goes back to the bag and gets in the back of the line
 - Player takes a lead (10-15 feet), pauses but keeps their feet moving, then takes a couple more steps towards 3rd base when the pitcher goes to throw to the plate
 - Player takes a lead (10-15 feet), keeps shuffling further as pitcher delivers to the plate, then steals 3rd base
- Each player rotates through each lead 3 times

7. Leads at 3rd Base

- Player starts on 3rd base, other players in a line behind 3rd base

- Coach/partner acting as pitcher, goes through a wind-up without a ball for every lead
- One player acts as a 3rd baseman in defensive position
- Rotations (each lead should be in foul territory, and return to the bag should be in fair territory):
 - Player takes a lead (so that they are even with the 3rd baseman) shuffling their feet or walking, pauses, then goes back to the bag quickly and gets in the back of the line
 - Player takes a lead (so that they are even with the 3rd baseman), pauses but keeps their shoulders pointed towards home plate, then acts as if the ball has been hit and runs home
- Each player rotates through each lead 3 times

8. Water Break

- Players should stay hydrated and recharge during this 5-minute break between stations.