



Groups of 2 at each station

Tee Work- focus tee work on contact point work. Inside, outside, low, high, non 2 strike hitting

Front Toss- work rounds of inside and outside. Then do a round of non 2 strike approach

- BP-** situational round (bunts, hit and run, runner on 3 less than 2 outs)
- regular bp rounds
- non 2 strike round(only swinging at pitches that can be hit hard)
- final round- hit 2 or 3 well