



## 11-12 (MAJOR) BATTING PRACTICE

*Date:* \_\_\_\_\_

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### **6:00-6:10 Baserunning Set**

- Home to 1st (Hit the front part of the 1st base)
- Home to 2nd (Hit inside part of 1st base with “banana”)
- 1st to 3rd (Hit inside part of 2nd base, and angles)

### **6:10-6:20 Throwing Progression**

- Wrist Flips
- Throwing Knee
- Parallel Feet
- Working Back
- Long Toss (5 at Max)
- Work Back in Quick Hands and Feet

### **6:20-6:50 Team Batting Practice ( 3 Groups of Players–10 minutes each group)**

- Group 1: Hitting; 2 rounds, 6 cuts (Pick 1):
  - Tee Work, Soft Toss, Coach, Machine, Front Toss
- Group 2: Baserunning
  - Start at first base (Read and react to 2 and move to 2nd)
  - 2nd Base (Read and react with no force at 3rd)
  - 3rd Base (Tag up on any fly ball)
- Group 3: Fielding
  - Make plays live without throws to bases

### **6:50-7:00 Field and Equipment Clean-Up**