



(Minors/Machine Pitch) BATTING PRACTICE

Date: _____

6:00-6:10 Throwing Progression

- Wrist Flips
- Throwing Knee
- Parallel Feet
- Working Back
- Work Back in Quick Hands and Feet

6:10-6:45 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)
- Group 3: Fielding
 - Make plays live without throws to bases

6:45-6:55 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)

6:55-7:00 Field and Equipment Clean-Up