

Hitting Station Options

(6 tees)

Outside Tee (Line up the tee on the outside of the plate and DEEP, hit opposite field)

Inside Tee (Line up the tee on the inside of the plate and OUT IN FRONT, pull/up the middle)

Partner Bunting (10 bunts at a time, partner does underhand toss, put the bunt down and fair)

Long Pole (1 partner with a bat, 1 partner with the pole, slowly swing the pole towards partner and contact)

Short Red Bats (have to keep one hand up, one hand down, CANNOT roll wrists over too early)

Volleyball T-drill (Volleyball on the tee - must extend THROUGH the ball and hit the center of the ball)

Top Hand (small wooden bat) - Kneeling or Standing - hold the bat with **TOP** hand, work on the pathway to the ball being diagonal and not dropping your hand.

Bottom Hand (small wooden bat) - Kneeling or Standing - hold the bat with **FRONT** hand, work on driving elbow first, then wrist towards the ball. Keep wrist strong to hold up bat.

2 Color Toss (2 color light flights) - Partner does soft toss with two balls and calls out a color as they toss. Hitter needs to adjust to hit the correct color ball.

Machine - Full hitting

Tennis Ball Bounce (Cage 1) - 1 partner is behind a screen and bounces a tennis ball to the hitter

Front Toss - 1 partner pitches front toss to their partner from behind a screen.

Heavy Ball/Medicine Ball Throws - Practice hip/leg drive while holding a ball and throwing it into the ball while loading and rotating hips as you would while hitting.