Pacifica Girls Softball League
10U+ Batting Practice - 1 Hour
Updated January 2026

0:00 Commencement of Practice (Players Should Arrive 10 Min Early):

0:00-0:10 (5 Minutes):
- PGSL Dynamic Stretching Routine (skip if players already warmed up)
  - A Skips, Shoulder Rolls, B Skips, Stand and Reach, C Skips, Lunge Twist, Lunge Side To Side, Ninja Knees, Lunge Side to Side, Backstep Karaoke Hips, High Leg Kicks, Side Shuffle Arm Crosses, Cha Cha Runs, Hammer Knees and Arms, Shuffle Go's, Steal Sprint.

0:10-1:00: Up to 8 Stations (50 Minutes, Not all Full at Once / can do 4 and 4):
- Batting (Stations, 7-8 Minutes, switch, repeat until time expires) - 2 Coaches
  - Station 1 - 1,2,3 Tee (Outside Cage, Tee, Net, 10 Balls)
    - 1,2 - step, hip turn (10 reps, do not hit ball)
    - 1,2,3 - step, hip turn, move hand to get barrel to ball (10 reps, do not hit ball)
    - 1,2 - step, full swing (10 balls)
  - Station 2 - Bat Path Tee (Outside Cage, Tee, Net, 10 Balls)
    - Bat Path Left / Right Arm (10 balls each)
    - Contact (10 Balls)
    - Extension (10 Balls)
  - Station 3 - Full Swing Tee (Outside Cage, Tee, Net, 10 Balls)
    - Launch Drill (10 balls)
    - Full Swing / balance with slow left leg kneel after hit (10 balls)
  - Station 4 - Inside/ Outside, High Tee (Outside Cage, Tee, Net, 10 Balls)
    - Inside / Outside (10 balls)
    - High Tee (10 balls)
  - Station 5 - Coach Front Toss (Inside Cage, Coach, Pitching Screen, 20 Balls)
    - Bunting (10 balls)
    - Hitting (10 balls)
    - Bounced (10 balls)
  - Station 6 - Pitching Machine (Inside Cage, Coach, Machine, Screen, 20 Balls)
    - Bunting, early, late, directional (10 balls)
    - Contact / Up the Middle (10 balls)
    - Inside / Outside (10 balls)
  - 14U Station 7 - Medicine Ball (14U Only, Outside Cage, Medicine Ball)
    - Rotational Ground Slam and Squat (3 sets of 5 each way)
    - Loaded Lateral Throws (3 sets of 5 each way)
  - 10U/12U Station 8 (10U-12U) - Whiffle Balls (Outside Cage, Coach, 2 Bags of Whiffles)
    - Focus on swing mechanics and contact (one bag each, switch)