

TIGER BATTING PRACTICE

Round 1: 2 bunts

Speed guys can do a few more and bunt for hits also. Regular guys do one sacrifice bunt down each line.

Round 2: Middle Away Round (5 swings)

No matter where pitches are, we're hitting the ball to center or right for righties; center or left for lefties. Teach letting the ball travel, staying inside the ball.

Round 3: Hit and Run (5 Swings)

Rule 1, must swing to protect runner.

Rule 2, must get the ball on the ground so no double plays.

Rule 3, try to get to right side/vacated second base hole (for right-handers, opposite side for lefties). If ball is riding in hard, make quick decision to see if you can inside out it, if not, pull it hard and hope for the best.

Round 4: Get Runner Over (5 Swings)

Guy on second hit the ball to the right side and advance runner to third. Teach hitters and runners that the runner on second is going to go if the ball is hit to his left. This lets the hitter know he has a little leeway on inside pitches.

Round 5: Get Him In (5 Swings)

Runner on third, less than two outs. Try to drive something in the air to the outfield to get hit or sac fly or hard ground balls towards middle. In general, let's try to hit line drives or deep fly balls.

Round 6: Number Rounds

This is if time allows, example: group of three guys, after their situational rounds, each guy gets 5 in a round. Next round 4, final round 3.