

RAWLINGS TIGERS OFF SEASON HITTING PROGRAM

WEEK 1

Teaching Concepts (10-15 minutes)

- Tiger BP Routine – Round 1 & 2
- Staying inside the baseball
- T and Soft Toss drills to teach staying inside the baseball
- Explain why it is important to let the ball travel
- Explain correct placement of ball on the T and what part of the ball they should hit

DIVIDE PLAYERS INTO 3 GROUPS

Tiger Batting Practice Routine

- Round 1: 4 sacrifice bunts (2 to each side)
- Round 2: Middle away (5 swings) – ball **MUST** be hit middle/opposite field
- Let the Ball Travel!

Warm up (5 minutes)

- Players in groups – use all 3 cages – all players at the same time will warm up
- Warm up will consist of 4 swings at 50%, 4 swings at 75%, and 4 swings at 100%

Group T Work (10-15 minutes) – 9 swings per round for each player

- T work on teaching concept – 2 T's per cage
- Correct ball position on T
- 2 rounds – ball on outside 1/3 ROUNDS

Individual Group Work (50 minutes) – Rotate every 15 minutes

- Right Cage – Soft toss (9 swings maximum-then switch with partner)
- Middle Cage – Split Cage – one station ball in middle, one station 2 T's (one T on outside 1/3 – the second T 6 inches in front of the first T [9 swings/switch with partner])
- Left Cage – BP Rounds (bunt and middle away)

IF TIME REMAINS-DIVIDE INTO 2 TEAMS-COMPETE USING BP ROUNDS 1 AND 2