

WINTER HITTING WEEKLY ITINERARY

Group Instruction for Each Week's Teaching Concept (10-15 minutes)

- Coaching explanation of concept
- Explain drills
- Divide players into 3 groups (A, B and C)

Group Warm-up (5 minutes)

- One coach per cage
- Players in 3 groups, each group in one of the 3 cages
- Warm up swings (no balls) – 4 swings at 50%, 4 at 75%, 4 at 100% (can be done with eyes open, or eyes closed)
- Players must work on correct swing path to ball

T-work for Teaching Concept (other weeks may be soft toss (10-15 minutes)

- One coach per cage
- 2 T's per cage
- Entire group, in each cage, working on weekly concept

Weekly Concept-Station Work (45-50 minutes-groups rotate cages every 15 minutes)

- One coach per cage
- Left cage – BP rounds (using machine/coach throw)
- Middle cage – T drills/soft toss drills incorporating weekly concept
- Right cage – Soft toss/front toss incorporating weekly concept

BONUS TIME

ANY TIME REMAINING BEFORE CLEAN UP (LAST 5 MINUTES), DIVIDE PLAYERS INTO 2 TEAMS AND PLAY A COMPETITIVE GAME USING ONE OF THE BP ROUNDS.