

# **RAWLINGS TIGERS**

## **2015 OFF SEASON HITTING PROGRAM**

### **WEEK 3**

**Teaching Concepts** (10-15 minutes)

**Plate Coverage**

- Make sure the bat is able to cover the entire plate comfortably

### **DIVIDE PLAYERS INTO 3 GROUPS**

**Tiger Batting Practice**

- Round 1: 2 sacrifice bunts, 2 bunts for a hit
- Round 2: Get Him In (6 swings), 3 swings infield back, 3 swings infield in

**Warm Up** (5 MINUTES)

- Same as first week, 50%, 75%, 100%. All with eyes shut

**Group T Work** (10-15 minutes)

- All 3 cages – split in half
- Round 1: No T (3 swings each)
  - Player assumes stance, starts swing, stops with bat over middle of plate, partner (standing behind home plate) holds bat where hitter stops, hitter walks in front to check plate coverage. 3 swings each.
- Round 2: Backside Soft Toss (5 swings each)
  - Hitter strides (weight back), partner throws backside soft toss to different parts of home plate.

**Individual Group Work** (50 minutes -rotate every 15 minutes)

- Right cage (split cage) – front side soft toss – player strides – tosser moves the ball around each toss (9 swings)
- Middle cage (split cage)
  - Station 1: 2 T's, one inside half, higher T outside half – hitter strides, partner says inside or outside (6 swings)
  - Station 2: 1 T soft toss, T on outside half, tosser either tosses ball to middle of plate or fakes and hitter hits ball on outside T (6 swings)
- Left cage
  - BP Rounds – 2 sacrifice bunts, 2 bunts for a hit, “Get Him In”

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