

## **RAWLINGS TIGERS OFF SEASON HITTING PROGRAM**

### **WEEK 4**

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

- Initiating the weight shift
- Load hands
- Hands down towards ball – then flat through the ball
- Sacrifice bunt

#### **Warm Up (5 minutes)**

- Same as first week – 50%, 75%, 100% Eyes open, emphasis on loading then down and through the ball

#### **Team Competition (20 minutes)**

- Divide groups into 2 teams
- Pitching machine
- Round 1: Sacrifice bunt 1<sup>st</sup> base side
- Round 2: Sacrifice bunt 3<sup>rd</sup> base side
- Round 3: Middle to opposite way
- Round 4: Hit and run
- Teams get 1 point each time a player executes correctly
- Losing team will be responsible for entire clean up at end of session

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

- Right Cage – Front side soft toss (tosser emphasizes taking the ball back slowly, then normal toss – hitter emphasizes loading and hands through the ball)
- Middle Cage – Split Cage. Station 1 – 2 T's, one in middle of plate, one approximately 2 feet behind front T and 6 inches higher, emphasis on hands down and through the ball – do not “loop” swings. Station 2 – 2T's, one in middle of plate, one 6 inches in front, same height – emphasis on getting the barrel through the ball
- 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
  - Round 1: 2 Sacrifice Bunts
  - Round 2: Get runner in with the infield in
  - Round 3: Get runner in with the infield back