



**TIGERS**

# BATTING PRACTICE ROUTINE

*CREATE POSITIVE HABITS*

**(PLAY VIDEO)**



## WEEK 1 KEYS POINTS

1. TIGER BP ROUTINE
2. STAYING INSIDE THE BASEBALL
3. TEACH HOW TO SET UP MIDDLE-AWAY TEE'S AND SOFT TOSS

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## TIGER BATTING PRACTICE ROUTINE

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 - get him over 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 lee way on inside pitches.

**Round 5: Get Him In (5 Swings)**

Guy 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.

**BONUS:**

**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.

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**STAYING INSIDE THE BASEBALL- TEE'S, FRONT TOSS, BATTING PRACITCE**

- Make sure they know what staying inside the ball means. Hand lead and barrel follows.
- Make sure you put the ball on the tee with the two seams facing upright and inside/outside seam.
- Aim inner seam to middle.
- Make sure you hit the ball middle to middle-opposite field

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**ITINERARY: Players Watch Video on Week 1 on VIP Page before coming in to Hit!**

**Four 12 minute stations**

**LAST Station 10 minutes (Everyone moves to the main )**

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**GROUP A Big Cage: Film Videos, BP Rounds**

**GROUP B Cage 4 Drill Work :** Soft Toss with Color Baseballs (Hitters much start with eyes closed, tosses says “Ball” as he releases it)

**GROUP C Cage 3 Power Development:** Keep clear for video shooting

**GROUP D Cage 2 Velo Station:** Middle/Away Tees (5 swings chart down your best score)

**GROUP E Cage 1 Core Strength:** 4 x 10 Frontal MB Rotational Toss

# WEEK 1 BATTING PRACTICE ROUTINE

BULLPENS		
BIG CAGE	FILMING FILM HITTERS DURING BP ROUTINE ON IPAD	BP ROUNDS 1: BUNTS 2: OPPO 3: HIT 'N' RUN 4: GET RUNNER OVER 5: GET HIM IN
HACK ATTATCK MACHINE L-SCREEN BASEBALLS		
CAGE 4	OVERHAND BUNTS 2 X10 COLORED BASEBALLS 2 X 10	SETUP: L-SCREEN BASEBALLS COLORED BASEBALLS
CAGE 3	POWER DEVELOPMENT 4 X 10 HEAVY BALLS AND BAT OFF TEE	INSTRUCTOR VIDEO AREA IPAD STOOL
CAGE 2	VELO STATION 1X10 MIDDLE TEES 2X10 AWAY TEES 1 x 10 MAX OUT	SETUP: TEE BASEBALLS
CAGE 1	CORE STRENGTH FRONTAL ROTATION MB TOSS 4 X 10	SETUP MED BALLS
WALKING AREA		