



TIGERS

PLATE COVERAGE

*BE THE MOST FEARED
HITTER.*

(PLAY VIDEO)

WEEK 3 KEY POINTS PLATE COVERAGE

- Plate Coverage means making sure the barrel of the bat is able to cover the whole plate comfortably, including the outer edge. Teach slow motion come downs to check spacing.
 - Spacing is a huge issue with a lot of young hitters. Make sure they are setting up correctly in the box every single time.
 - Best drill is having a combination drill with outside and inside tee's.
 - When player is more advanced we can add in outside front toss in combination with inside tee- AND- outside tee with inside front toss.
 - Note: player should feel comfortable on hitting line drives on all tee placements before attempting front toss and tee combination.
 - Player should watchout for lunging and leaning when swinging. We want to remain balanced through our entire swing
 - Plate Coverage means making sure the barrel of the bat is able to cover the whole plate comfortably, including the outer edge. Teach slow motion come downs to check spacing.
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MLB PLAYERS PLATE COVERAGE

Close to the Plate

Justin Turner: [https://www.youtube.com/watch?](https://www.youtube.com/watch?v=qIN4EmmW658)

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Anthony Rizzo: <https://www.youtube.com/watch?v=triBebHgrYA>

Far Away From Plate

Jose Martinez: <https://youtu.be/vPli7qINvUk>

ITINERARY:

Players need to watch Video on Plate coverage before coming to hitting session

FIVE 10-minute stations

LAST STATION 10-minutes (Everyone moves to the big cage)

GROUP A Big Cage: BP Rounds, Angle Toss with machine

GROUP B Cage 4 Drill Work: Outside/Inside Tees Front toss,

GROUP C Cage 3 Power Development: Heavy Balls and Bat

GROUP D Cage 2 Velo Station: Middle/Away Tees

GROUP E Cage 1 Core Strength: Prone Cone Switch 4 x 8 (4 left side, 4 right side)

WEEK 3 PLATE COVERAGE

BULLPENS	BIG CAGE
	BUNT ROUND 1 X 5
	<u>ANGLE TOSS WITH MACHINE</u>
	6 ROUNDS
	5 PITCHES FROM ANGLE AND 5 PITCHES FROM MACHINE
	SWITCH ANGLES AFTER 3RD ROUND
	<u>SETUP:</u> HACK ATTATCK MACHINE 2 L-SCREENS 2 BUCKETS BASEBALLS

BENCHES