



Offensive Drill #1

Legend:

- Cone 🪣 Bucket ⚾ Athlete
● Ball ↗ Direction of Athlete 🏠 Hitting Screen
↙ Direction of Ball ❌ Coach ⚓ Tee () Protection Screen

Batting Movement Prep/Sequencing Warm-up

Equipment Needed: Bat, PVC pipe (5ft), Resistance Bands, Med Ball

****All done with no shoes to feel load, weight transfer*

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| • Internal/External Rotation x10 | • Resistance Band Hip Thrust x10 |
| • Hip Extension Dynamic Stretch x10 | • Bridge with PVC on back (Opposite Leg opposite arm lift out) x 5 a side |
| • Pelvic Tilt x10 | • Med Ball sequencing with ball being moved through the bat path |
| • Torso Rotation x 10 | • Slow motion dry swings x10 |
| • Cat/Cow x 10 | |
| • Dry Swing full speed x10 | |

** Water Break & re sanitation time 2-5 Min

Station #1: Live Hitting

Equipment Needed: Bucket of Balls, protection screen, home plate, 2 throw down bases, Batt & helmets

Skill: Batter: Mechanics & Situational Hitting, Pitch recognition, Bunting/ Runner: Lead offs, learn to respond to the hit.

Level of Skill Development: Development/Consolidation

Objectives: 1) Develop the batter and the runner to acquirer the knowledge on the tactical side of offense, vs just hitting the ball or running when you are told to.

2) Batter: Athlete to consolidate hitting/ bunting mechanics & picking pitches (understanding spin, release, etc.). Runner: to work on lead off's and decision-making skills based on the play (i.e.- tagging up, passed ball, stealing)

3) Initial Introduction of a competition level intensity and decision making.

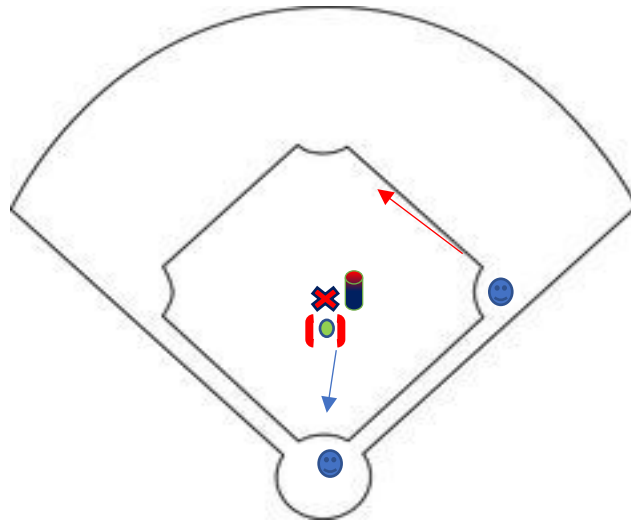
Teaching Points: 1) Ensure that the Athletes have an understanding about the situation and are able to explain back to the coach the decisions made.

2) Hitting- Load, sequencing & finish are correct. Runner: Aggressive leads, rounding at secondary base, tagging on all fly balls

3) This is a knowledge/tactical based drill that deals directly with the situation and gets the athletes understanding signals.

*****Teaching cues: Heartbeat coaching style during this station, pulling them in & asking the what, why & where. Questions to ask: What pitch was that? What signal did I give? - After every pitch, Why did you decide to go?*

Explanation: Coach is to live pitch to the batter, using different pitch types. Base Runner is to react as they would in a game like scenario, with leadoffs, following signal given and reading the hit, passed ball etc. Coach pitching is to let the batter know prior to the pitch the count, situation & provide a signal to the batter & base runner. After the pitch that's hit or passed: coach is to converse with the Athletes on the situation & the decisions that they made.



Drill by: Sally Smith