

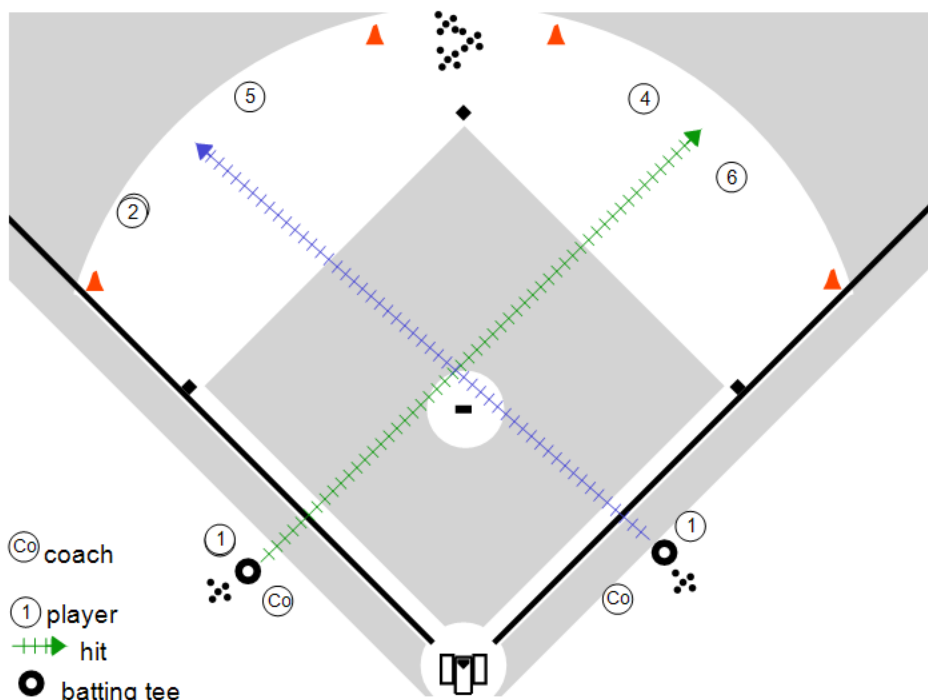
Title : Hit and defend

Category #1 : Skills

Category #2 : hitting and fielding

Content elements:

Components :



Key Points :

Line drive hits

stay behind baseline

communication

Points system

Description

Objective:

- To work on proper hitting fundamentals with emphasis on hitting line drives up the middle
- To work on fielding, communication and coverage between 2 fielders

Equipment/Setup:

- 2 batting tees set deep behind 1B and 3B lines
- at least 20 balls so each batter gets minimum 10 swings before rotating. Bucket for ball collection
- 4 cones set up as "goals" on each side of the diamond

Execution:

- Coach loads ball on tee for Player 1. Player 1 tries to hit hard level line drive in between 2 cones set up as a "goal"
- Players 3 and 5 try to field the line drive before getting to the outfield. Communication and coverage should be encouraged
- At the same time, Player 2 is hitting a line drive between players 4 and 6
- If a player fields a ball, he will roll it behind 2B for easier shagging
- Hitters earn a point for every line drive that gets past defenders (fly balls dont count)
- After 10-20 swings (depending on balls) players will rotate.

***For Safety, players MUST stay behind the baselines when fielding. Any short hit should be left alone