



Team Bunting Stations

Skill Set: Bunting

Difficulty Level: Medium

Number of Athletes and Coaches: Full team and 2 coaches

Average Time to Complete: 20 minutes

Equipment Required: 4 throw down bases, at least 5 baseballs at each station (20 total), helmets, bats

Goal: Execute each type of bunt at each station, focusing on bunting on the ground

Description of the Drill:

- 4 throw down bases spread out in the outfield with the fence as the back stop
- Team splits into 4 groups and each group goes to a different station
- Bunting stations are: Sacrifice, Safety Squeeze, Push, and Drag bunt
- 1 group member bunts while 1 tosses bunts, the other group members shag the bunts
- Groups rotate bunters after ever 5 balls bunted within their station
- Groups rotate to another bunting station after 5 minutes, on the coaches command
- To add a degree of difficulty, the tosser can toss the ball inside, outside, low, and high

Layout of Drill:

4 stations along the outfield fence

