

Batting Practice

The Objective

To get in as much live hitting as possible in one practice. Requires a ball bucket for the coach and another in center field.

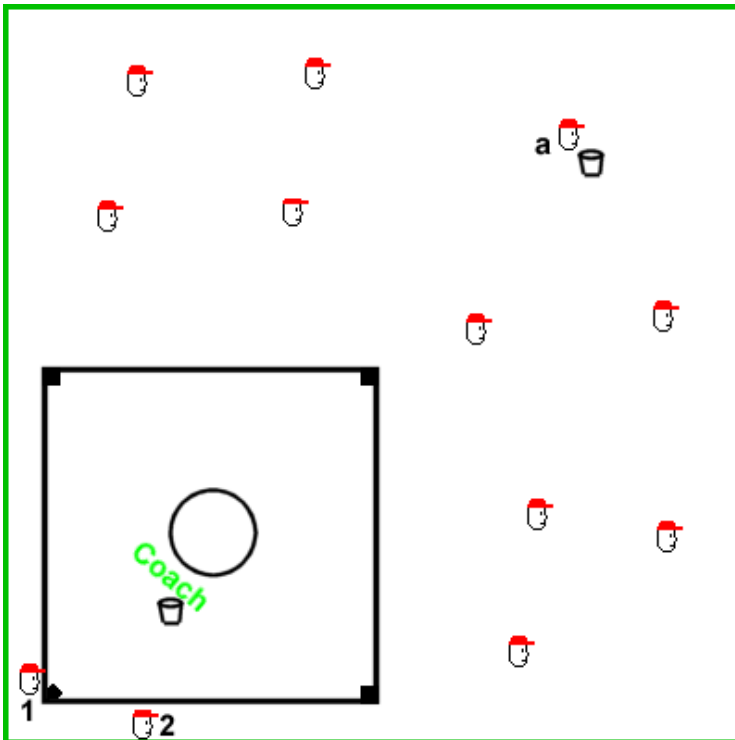
Skills

Hitting: live pitching

Defense: indirect only. This is a hitting exercise, not a fielding exercise

Arrangement

- Put five kids in the outfield, with gloves. Have the centerfielder bring an empty ball bucket (kid a).
- Have five more kids play on the cut of the grass...but not on the infield dirt.
- Have two others ready for batting, with helmets (kids 1 and 2)



The Drill

The coach tosses about 10 pitches rapidly, in succession to kid 1, then the at bat is over. By sitting closer than the pitching mound and tossing at $\frac{1}{2}$ speed, the kids get the same timing as a kid's pitch. When the at bat is done, Kid 1 and 2 switch and coach tosses to kid 2, then kid 1 again, then kid 2 again – two full at bats each. As the kids hit, the fielders grab what they can, and soft toss the ball to kid A who fills the center field bucket. Do NOT let the infielders play infield because if you wait for the kids to return to position, you can't pitch quickly. Have the fielders grab what they can easily field and let the rest go by. The coach can sit in a chair, but needs protection. A field hockey net works perfectly, or an "L" net can be built.

After the play

After kids 1 and 2 bat, they go to Right and Right center. Have the kids rotate around and get two new batters. When the coach bucket is empty, have the CF bucket brought in, with the other fielders round up any loose balls, including the missed pitches that are behind home plate. Put the new empty bucket in CF.

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