



Offensive Drill # 8 BATTING STATIONS

During 2020: 3-4 players max per station. Keep the groups together.

When possible keep the group at the same station and change the drill instead of rotating the players t

4 Batting Stns **Equipment:** 3 T's, 1 screen, 20 wiffles, 1 sp.soccer, 10 reg balls

Stn 1 - T set up for single wiffle hits - 10 wiffle balls for each batter
2 batters at the station - 1 hits the other places then switch up

Stn 2 - 2 T's set up - 1 at regular hitting height, the other off set to right (RH) to left (LH)
the second T's height is 3/4 of a ball higher than the main T
batter to hit 1st ball straight away and the second s/b 'pulled'
2 batters at the station - 1 hits, the other places, then switch up
5 hits each batter

Stn 3 - T set up with Nerd soccer ball - 5 hits each
Batter uses stick to hit HARD at soccer ball
2 batter at the station - 1 hits, the other places, then switch up

Stn 4 - Soft toss by coach
Batter hits into screen - 10 hits each
2 batters - 1 at a time, batter waiting practices swing and shags any strays

Key Points: Eye's on hit, head down, good solid base, follow through, level to upward
swing for finish, upside down V, hip and shoulder rotation - drive back knee

Drill by: Sue Hokanson



through the stations.