

1 Hour Offense Workout

TOTAL: 50 MINUTES

Warm Up

Tee Work Stations

- **5 MINUTES**

Location Tee

- **5 MINUTES**

Short Bat Bottom Hand Tee

- **5 MINUTES**

Short Bat Top Hand Tee

- **10 MINUTES**

Sacrifice Bunt

- **5 MINUTES**

Rapid Fire Toss