

Single Coach Youth Offense

TOTAL: 60 MINUTES

Warm Up

Tee 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**

Water Break

Front Toss On The Field

- **10 MINUTES**

Ball-Hit Front Toss

- **10 MINUTES**

Fastball Front Toss

- **10 MINUTES**

Rounding 1st Base