



Offensive Stations – Tee and Live Hitting

Skill Set: Offense

Difficulty Level: Easy

Number of Athletes and Coaches: Athletes broken into 2 groups, 1 group per station

Average Time to Complete: 30 minutes, each station takes 15 minutes, then groups rotate stations

Equipment Required: Field, tees, baseballs, net or screen to hit into, cage, throw down bases

Goal: Focus on the fundamentals of hitting and baserunning through stations.

Offensive Stations – 30 minutes total

The following stations should be set up in a cage for tee work and on a field or open space for live hitting.

1. Location Tee – 15 minutes

- Tee set up in front of the middle of the plate
- Hitter sets up even with the plate, while partner places a ball on the tee
- Hitter hits the ball at the middle contact point for 3 swings, then moves the tee to the inside contact point
- Hitter hits the ball at the inside contact point for 3 swings, then moves the tee to the outside contact point
- Hitter hits the ball at the outside contact point for 3 swings, then the partners switch
- Focus should be on hitting the middle ball up the middle, the inside ball to the pull side, and the outside pitch to the opposite field
- Partners switch after 9 swings

2. Live Hitting – 15 minutes

- Set up a front toss screen on the field and have a coach throw front toss to the hitters.
- Players next in line to hit should be warming up in the on deck circle. All other players waiting their turn to hit should be in the dugout.
- Each hitter should get at least 10 swings off of front toss on the field.
- On the last swing of their turn, have the players run through first base, and then rotate back into the dugout to wait for another turn to hit.