

Team Batting Practice

For many teams, batting practice consists of a batter hitting and players scattered throughout the field collecting baseballs. Batting practice can be much more beneficial by adding a few different ideas. This is just one example of a more effective batting practice.

This drill requires a minimum 2-3 coaches:

- Coach 1 -Throw BP
- Coach 2 -coach base runners and give feed back. This coach can also give runners other situations (hit and run, run on contact etc.).
- Coach 3 – Give feed back to defence and batters
- Coach 4 – Batting Cage (optional)

Coaches will divide players into 2 or 3 groups (groups of 6 or 7). These groups should be divided by defensive position. You want your players to be playing a defensive position that they regularly play. If there are only 2 groups; one will start on defence, the other will be on offence. If there is a 3rd group, they will be with a coach in a batting cage for BP, soft toss and hitting off tees.

Offensive group (hitting/baserunning)

- 3 players hit. 3 players run
- Each hitter gets 7-10 swings/strikes (based on time)
- For younger teams, have batter make solid contact. More experienced teams, you can have the batter hit in different situations ex. hit ball to left or right side of infield based on situation, hit and run, hit with 2 strikes etc.
- Base runners react to the batted ball on scenario the base coach gives the runner. After the play, the runner returns to the original base. There is a new runner on each hit.
- After the batter is finished, he will run and a runner will prepare to bat.
- Rotate until all player have hit

Defensive group

- Infield and outfield are given different situations based on baserunners etc.
- Use this as an opportunity to work on different defensive situations.
- Make sure players are moving (backing up) on each pitch based on the situation.

Once all players have hit offensive and defensive group switch.

Below is a chart that the coach can post before practice, so the players know who is what group and what baserunning or defensive situation the coach wants to work on that day.

	Baserunner	Defense
Round 1	Start on 1st-hit and run.React to where ball is hit.	IF-Double Play, OF - play to 3rd
Round 2	Start on 2nd-React to hit & round 3rd to score.Tag on Fly ball	IF-chk runner then make play,OF cut home(single) or 3rd (Fly ball)
Round 3	Start on 3rd - Tag on FB & score, run on contact etc.	IF -chk runner play to home or 1st, OF home (Fly ball) or 2nd (single)
	Group A	Group B
	Player 1	Player 1
	Player 2	Player 2
	Player 3	Player 3
	Player 4	Player 4
	Player 5	Player 5
	Player 6	Player 6