

## Hitting Session

**Active Warm up**                      **15 min**

**Tee Drills:**                      **2 tees working inside and outside pitches**

5 cuts with each hand (solo)

25 cuts two hands

**Wiffle Balls (soft toss) 3 stations**

30 cuts      strong side (right or left)

10 cuts      weak side (right or left)

**Hit aways 4 stations**

10 cuts with each hand (solo)

30 cuts two hands

15 cuts on the weak side (right or left)

**Blue U into the net**

30 cuts strong side

10 cuts weak side

**Soft toss**

15 from side

15 from behind

15 from side on weak side (right or left)

**Machine**

15 strong side

5 bunts

10 weak side

5 slaps

**Auxillary Station**

Zip tie

Striker

Work on stepping into the hit, transferring weight from backfoot to frontfoot.

Swing level across the plane to increase chance of hitting ball

Work on using your weak side as we will use the short game (slapping, bunting)

Relax your stance and work on going from fast to slow with your swing as you hit target

Keep your chin down and see ball all the way to the bat

**Keep swinging, if you finish early and are waiting for next station, jump on an auxillary or keep working your station.**