

-Can be set up as stations (team setting) or one sequence / day - OR - done individually as shown in the video instructions. Brief description followed by demonstration link.

-Can choose how you rotate weeks (stay with week A multiple weeks if players struggle too much, or alternate back and forth from week A to B and back again)

EXAMPLE: Week 1 work - 'A', Week 2 work - 'B', Week 3 work - 'A', Week 4 work - 'B'. (Could easily stay with 'A' week work for multiple weeks - kids should struggle some - DON'T TRY TO BAIL THEM OUT - they need to be challenged a bit beyond their current skill level.

EQUIPMENT USED - (remember - it doesn't have to be exactly the same items, just similar)

<https://www.youtube.com/embed/ghQnBM8opDM>

If you don't have a tee, they are cheap and can be found in most department stores OR like this one on Amazon:

[https://www.amazon.com/MacGregor-BBBATTEE9-Batting-Tee/dp/B002NKX48A/ref=sr\\_1\\_11?crid=1HX444YMO8JE8&dchild=1&keywords=batting+tees+for+baseball&qid=1589992180&srefix=batting+tee%2Caps%2C199&sr=8-11](https://www.amazon.com/MacGregor-BBBATTEE9-Batting-Tee/dp/B002NKX48A/ref=sr_1_11?crid=1HX444YMO8JE8&dchild=1&keywords=batting+tees+for+baseball&qid=1589992180&srefix=batting+tee%2Caps%2C199&sr=8-11)

You can also substitute a wall if you are using wiffle balls instead of a net. Nets can also be bought in many stores or can be found on Amazon:

[https://www.amazon.com/Outroad-Baseball-Nets-Batting-Pitching/dp/B01MRV5E98/ref=sr\\_1\\_12?crid=1F97XLMHBW24I&dchild=1&keywords=batting+nets+portable+baseball&qid=1589992365&srefix=batting+net%2Caps%2C200&sr=8-12](https://www.amazon.com/Outroad-Baseball-Nets-Batting-Pitching/dp/B01MRV5E98/ref=sr_1_12?crid=1F97XLMHBW24I&dchild=1&keywords=batting+nets+portable+baseball&qid=1589992365&srefix=batting+net%2Caps%2C200&sr=8-12)

There are also net & tee combo packages you can order for around \$100, it is completely up to you.

Wiffle balls are recommended to use with regular baseballs. You can find wiffle balls at most department stores or here:

[https://www.amazon.com/Franklin-Sports-Indestruct-Baseballs-1-5-Inch/dp/B00GD73HIG/ref=sr\\_1\\_18?dchild=1&keywords=wiffle+balls+for+baseball&qid=1589992538&sr=8-18](https://www.amazon.com/Franklin-Sports-Indestruct-Baseballs-1-5-Inch/dp/B00GD73HIG/ref=sr_1_18?dchild=1&keywords=wiffle+balls+for+baseball&qid=1589992538&sr=8-18)

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WARMUP - Needs: 9"-13" diameter ball (something light), broomstick or PVC pipe (30"-40" long)

<https://www.youtube.com/watch?v=7-SOuFd1xI&feature=youtu.be>

**There are a lot of videos here, yes. A few are between 6 and 11 minutes long, but most are less than 4 minutes.**

## WEEK A

### Day 1 - Technique-focus

<https://youtu.be/MroIV6Mly-k>

[https://www.youtube.com/watch?v=8VB\\_OrM6DWE&feature=youtu.be](https://www.youtube.com/watch?v=8VB_OrM6DWE&feature=youtu.be)

<https://www.youtube.com/watch?v=viAKr7hQFME&feature=youtu.be>

### Day 2 - Timing-focus

<https://www.youtube.com/watch?v=92Tdu-MfLGo&feature=youtu.be>

<https://www.youtube.com/watch?v=DpShzUcY2N8&feature=youtu.be>

### Day 3 - Over / Under load bats

<https://www.youtube.com/watch?v=yLfrPM0p05U&feature=youtu.be>

<https://www.youtube.com/watch?v=53ujhqMmjBA&feature=youtu.be>

### Day 4 - Target hitting

<https://www.youtube.com/watch?v=xpd3PdcOXk&feature=youtu.be>

[https://www.youtube.com/watch?v=mBt1M\\_6Ed5s&feature=youtu.be](https://www.youtube.com/watch?v=mBt1M_6Ed5s&feature=youtu.be)

### Day 5 - Game-ready hitting (Yes hitting)

<https://www.youtube.com/watch?v=ct3p6aOKIK0&feature=youtu.be>

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## WEEK B

### Day 1 - Technique with location & bats variation

<https://www.youtube.com/watch?v=Nc8OzAXZeAQ&feature=youtu.be>

<https://www.youtube.com/watch?v=NrjuhBSQ47g&feature=youtu.be>

### Day 2 - Timing with Off-speed variation

[https://www.youtube.com/watch?v=EKAupS\\_y9Qo&feature=youtu.be](https://www.youtube.com/watch?v=EKAupS_y9Qo&feature=youtu.be)

### Day 3 - Over / Under load bats & balls

<https://www.youtube.com/watch?v=OYNM03X2Tf4&feature=youtu.be>

<https://www.youtube.com/watch?v=R5eSVM-Ep4Y&feature=youtu.be>

### Day 4 - Target reaction (hit it where it's pitched)

[https://www.youtube.com/watch?v=fNa5hVN\\_Wp4&feature=youtu.be](https://www.youtube.com/watch?v=fNa5hVN_Wp4&feature=youtu.be)

<https://www.youtube.com/watch?v=59GEpPkU9bE&feature=youtu.be>

### Day 5 - Game-ready hitting (2 strikes / less than 2 strikes)

<https://www.youtube.com/watch?v=h35pdHJvQFo&feature=youtu.be>