

Try a Better Batting Practice

By: Cindy Bristow

Are you struggling during practice to try & get everyone enough batting practice while also keeping everyone involved? Then check out this great solution.



You aren't alone if you struggle every practice trying to get everyone enough hitting work with limited time and space. It's probably the biggest practice challenge that softball coaches face and yet hitting is crucial to your teams success! So how do you fix it? Luckily there's good news! There's a pretty simple solution to your problem that keeps everyone involved, gives everyone lots of batting practice while happening in a rather short amount of time.

Here's how it works - split your team up into 4 different groups. Each group will start at a different station and will eventually rotate through all 4 stations. Each player should have a bat, a helmet and a glove as they'll need each of these at some point during this batting practice.

The practice is based on stations and here are the 4 different stations:

- **Station 1** = T work (working on swing mechanics using Tee Stackers on batting t's)
- **Station 2** = Live batting practice (each player getting 5 pitches 2-3 times before rotating)
- **Station 3** = Baserunning (players are working on timing their leadoffs from 1st and 2nd base with either the live pitcher or else the front tosser)
- **Station 4** = Shagging (players are chasing balls and making sure the buckets stay full)

Set your field up as follows:

- Put a protective screen out in front of 1st base to block the baserunners practicing leadoffs at 1st base from being hit by any balls.
- Put another protective screen out beyond 2nd base to do the same thing for runners practicing their leadoffs from 2nd base.
- Put a protective screen in front of the pitcher or tosser. This can be either an actual pitcher

throwing live batting practice or else a coach sitting on a bucket about 20 feet from the hitter tossing underhand front-toss.

- Place an empty bucket between 2nd base and centerfield for all shaggers to roll balls toward. One shagger will be stationed near bucket to fill it up.
 - Place a bucket full of balls beside the pitcher or tosser.
- Have 4 batting t's set up either in batting cages near field or else down the foul line in a safe area. Batting T's will have Tee Stackers on them to help players work on their swings, as well as other swing drills.

Have each player in the Live Batting station take 5 pitches and then rotate 2-3 times through (based on time you have) and when finished, everyone rotates. When all 4 groups have gone to all 4 stations then batting practice is finished.

Want some great drills to use with your players when they're in the T Work Station? Then check this out for more information on Tee Stackers and how to use them to improve your hitters as well as other drills to use in your Batting T stations!