



RECOMMENDED BATTING PRACTICE ROUTINE

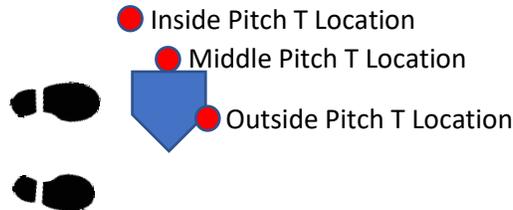
All players at all levels including those in the MLB use different methods of developing and refining their swings. These routines typically include a warm up, T-work, front flips, front toss, thrown batting practice and machine pitching. Below is a thirty-minute routine that can be followed by any player at any level to work on their swing. Please note a round should not have more than eight reps. Too many reps in a row could cause swing fatigue and create bad swing habits. Drills are either “**Passive**” which means they are meant to allow the hitter to focus on mechanics with easy reps, or “**Competitive**” which means you are creating a more game environment and intensity. Understand in Competitive drills, it is OK to miss occasionally.

Warm Up (3 minutes)

The warm-up should gently prepare the body for exercises by gradually increasing the heart rate and circulation; this will loosen the joints and increase blood flow to the muscles. Stretching the muscles prepares them for physical activity and prevents injuries. The warm-up is also a good opportunity for an individual to prepare themselves mentally for the training session.

T-work (5 minutes)

BAT 24 provides a hitting T in all of our cages. Begin with some easy swings attempting to hit the ball back up the middle of the cage. Gradually increase the intensity of each round. We recommend starting with the T set in the middle front of home plate with the ball set at about the middle of the hitter’s thigh. The nice thing about T work is you can isolate movements without having to worry about the timing of the swing. You can also work on hitting pitches at different locations on the plate and at different height. Below is a diagram to guide you in ball placement for practice hitting different location pitches.



Front Flips (8 minutes)

Place “L-Screen” about 10 to 12 feet in front of hitter. From behind the L-Screen, the pitcher underhand flips balls to the hitter. This allows the pitcher to more precisely place pitches at particular parts of the strike zone. Hitter can focus more on mechanics of swing without the burden of timing a pitch from a distance.

Front Toss (4 minutes)

Move L-screen back to about 20 to 25 ft from the hitter. Overhand toss pitches to the hitter. This will require a little more focus on timing the pitch, but still have the main focus on the mechanics of the swing.

Batting Practice (4 minutes)

Move L-screen back to 30 to 40 ft from home plate. Throw overhand pitches to the hitter with more velocity. The hitter must now focus on timing the pitches using the mechanics of his swing.

Machine Pitching (4 minutes)

Most players like to use the machines to see a little more velocity while also seeing consistent strikes in their batting practice. We recommend using the machines as you get closer to your season starting. You can challenge the hitter with more velocity. Be sure to properly set up L-Screen in correct position to clear the machine feed.

Cleanup (2 minutes)

Shut the machine off and spin knobs back to zero. Pick up all balls and place bucket and T back on homeplate for the next member. Also move the L-Screen back towards the front of the cage. Remove any trash.

SAFETY CONCERNS

WHEN FLIPPING, TOSSING, PITCHING OR FEEDING THE PITCHING MACHINE, MAKE SURE YOU ARE BEHIND AN L-SCREEN AT ALL TIMES. SAFETY FIRST!