



FGYB

Jr. Fed Practice



FGHS Cage BP

• **Stations:**

• **T-Drills** - Working hands inside, bat in lag position for as long as possible:

- Outside T - Wood bat
- Inside T - Wood bat
- "Step Back" up the Middle T - Wood bat

• **Whiffle Balls** - Outside the cage

- Small whiffle balls with quick stick
- Large whiffle balls with wood bat

• **Tennis Ball Bunt** - Outside the cage

- 3B Line
- 1B Line

• **Underhand Front Toss**

- Screen 8' in front of batter
- Underhand toss from the front

• **Live Cage**

- 3-Bunts
- 15 Hacks
 - 10-Line drive up the middle
 - 5-Opposite field line drive "inside out"