

LEVEL: HOME PLATE

# HOME PLATE – HITTING

With a partner or a coach standing beside the athlete, simply ask the athlete to hit the ball off the tee. Contact with three of five balls (fair balls) is important, not distance. Ensure the tee is placed in front of home plate NOT directly on home plate.

Below is an activity that can be used to prepare for this skill:

**ACTIVITY** "500" (20)

[Click here](#) for video demonstration

**Goal:** Introduce athletes to the perfect batting stance.

**Description:** Arrange one group of 4-6 athletes with one batter while the others are in the field.

- The batter will bat off a tee or via thrown pitch
- Each batter gets 10 swings or hits
- Fielders can get points by fielding the ball

**100 points**

FOR CAUGHT FLY

**50 points**

FOR ONE BOUNCER

**25 points**

FOR A GROUNDER

