

# How can the JUGS Machine help your team?

By Jim Morris, Head Coach, University of Miami

## Fly-Ball Communication

We set up the JUGS Machine right behind home plate. Positioning the machine to shoot out fly balls, we have a more realistic feel for fly balls tracked and caught by our defense. We can work on all aspects of fly balls including angles to the ball, getting good jumps to the ball, but most importantly communication between the players going after the ball.

## Bunt Defense and Offense

Bunting is one of the most essential parts of our offense. We practice bunting every week. The key in having a successful bunting team is not only to practice but to make it as game like as possible. By using the JUGS Machine we can have it throw a more realistic fastball to our players so they can execute the bunt. We have a station for bunting using the JUGS Machine during batting practice every day. Not only does it help us offensively but also defensively. In college baseball, executing bunts and being in position to field bunts is imperative to a championship team.

## Hitting Station

A good hitter is not only consistent on making solid contact with fastballs but also off speed pitches. Breaking balls is a huge part of a college pitcher's repertoire, especially with runners in scoring position. The JUGS Machine is able to simulate all breaking pitches we see day in and day out. I have seen our hitters make tremendous adjustments but the most important stat for me is strikeouts. Since incorporating the machine into our daily hitting stations, we have cut down our strike outs and been putting the ball in play more forcing the opposing defense to get us out as opposed to getting ourselves out.