

CAROLINA BASEBALL

OFFENSIVE BATTING PRACTICE

GROUP	I	II	III	IV
HITTERS	1	4	3	2
BASERUNNING	2	1	4	3
DEFENSE	3	2	1	4
CAGES	4	3	2	1
PIGTAIL/FUNGO	5	6	7	8
SHAG	6	5	8	7
WT. ROOM/BULLPEN	7	8	5	6
WT. ROOM/BULLPEN	8	7	6	5

HITTERS:

Round 1	2 Bunts - 1 H&R - 1 R&H - 6 Cuts - 1 My Pitch - 1 Drag
Round 2	1 Move Runner - 6 Cuts - 1 3-2 Pitch - 1 Drag
Round 3	1 IF In - 6 Cuts - Base Hit Round

BASERUNNERS:

First Base	3 Reacts - 2 Delays - 2 Steals
Second Base	No Out - 3 One Out - 3 Two Out/Two Strike
Third base	3 Reads - 3 Down Angle - 2 Two Out Leads

When finished, vaults from second base or work at any base

OUTFIELDERS: Get game reacts - Once you take the proper angle and realize you cannot get to a ball, let the shaggers retrieve the ball. Get back and get more reacts.

PITCHERS: Two Fungo - Two Pigtail off to side - Rest are shaggers. Shaggers stay out of the way of outfielders getting reacts. If there is no outfielder at a position pitcher needs to play that position while getting shags so that our base runners can get good reads.

<u>GROUP 1</u>	<u>GROUP 2</u>	<u>GROUP 3</u>	<u>GROUP 4</u>	<u>GROUP 5</u>	<u>GROUP 6</u>	<u>GROUP 7</u>	<u>GROUP 8</u>
1-	1-	1-	1-	1-	1-	1-	1-
2-	2-	2-	2-	2-	2-	2-	2-
3-	3-	3-	3-	3-	3-	3-	3-
4-	4-	4-	4-	4-	4-	4-	4-