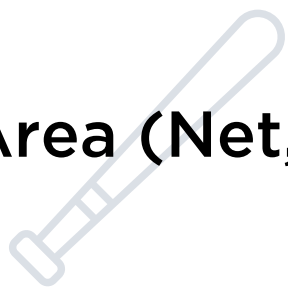


## Equipment Needed:

- Ball
- Target Area (Net, Hula Hoop, etc.)
- Bat



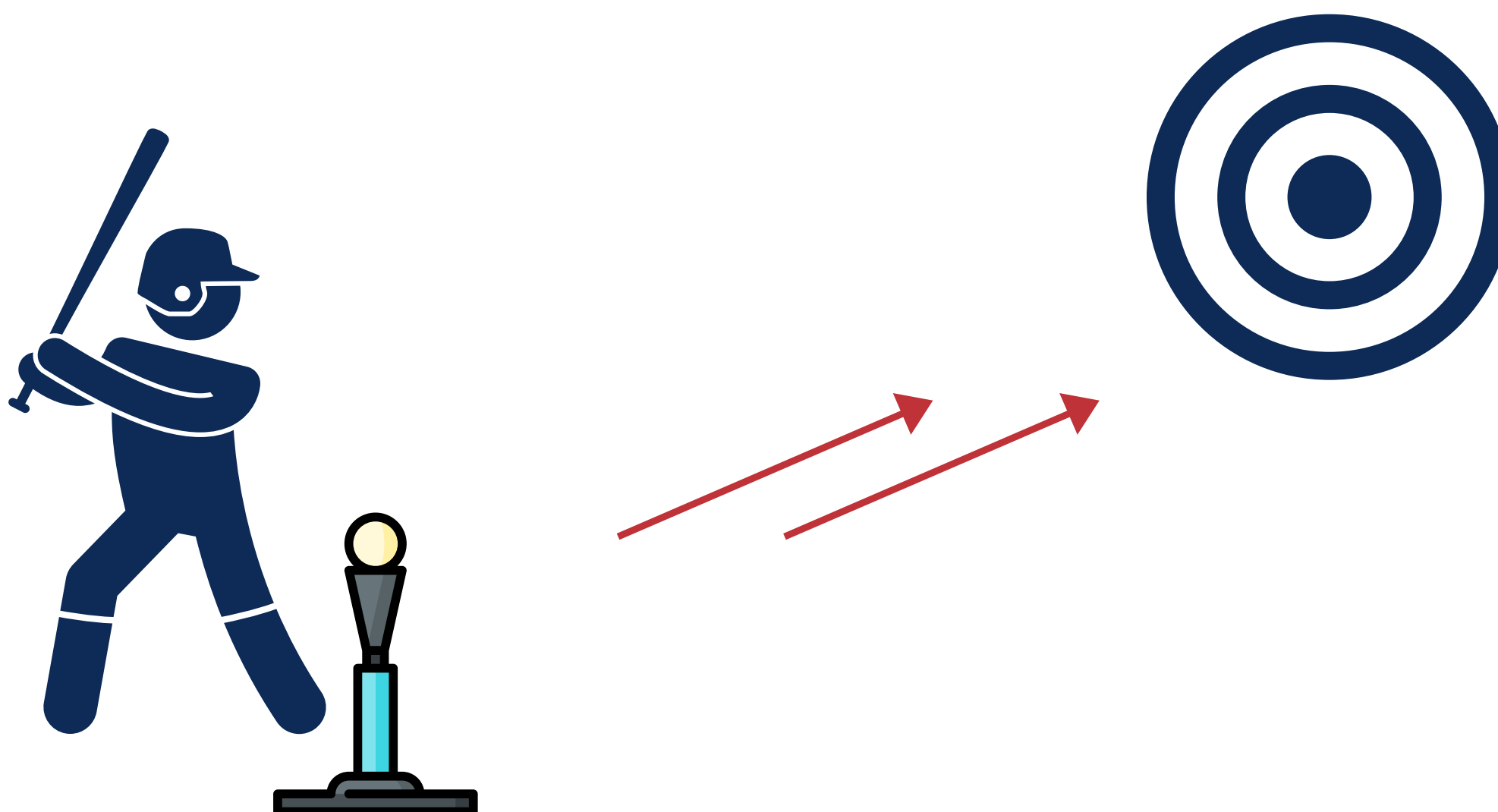
# HITTING



## TEE TARGET PRACTICE

### Setup:

- Set up batting tee on home plate and lay out a target area (net or hula hoop) In either LF, CF, RF. Distance of the target area can vary depending on the experience level and age
- Place a bucket of balls around home plate



### Instructions:

- Take 10 swings to try and hit the target area. You can use this point system to score yourself
  - Hitting a target area = 10 Points
  - Line Drive/Hard Hit Ball to any area of the field = 5 Points
  - Solid Contact = 1 Point
- After 3 rounds, see how many points you racked up! Be sure to move the target area around to help in learning how to hit to all fields

## FENWAY FUNDAMENTALS

Hitting can get very complicated very fast. Sometimes the best thing you can do to improve your success at the plate is to just keep it simple! Focus on a simple task like "Hit the ball hard to Centerfield" and swing away. Then make adjustments as you go. What we're doing in our swing does matter, but what matters most is finding a way to compete and accomplishing the task at hand.



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