



Winter Hitting League

Week-by-Week Itinerary

Week 1

- Free swings (4)

Week 2

- Get em over (3)
- Free swings (1)

Week 3

- Two strike approach (3)
- Free swings (1)

Week 4

- Hit and Run (3)
- Free swings (1)

Week 5, 6

- Get em over (1)
- Two strike approach (1)
- Hit and Run (1)
- Free swings (1)

Week 7, 8

- Get em over (1)
- Two strike approach (1)
- Hit and Run (1)
- Free swings (1)

Scoring System

Points for Free Swings

- 1 point- Put the ball in play (but don't get on base)
- 2 points- Getting on base (regardless of error, fielders choice)
- 3 points- Single
- 4 points- Extra base hit

Points for Fundamentals

- 1 point- Get a hit but don't accomplish fundamental
- 2 point- Accomplish the fundamental (regardless of getting a hit)
- 3 points- Accomplish fundamental and get a hit out of it
- 4 points- Accomplish fundamental and get an EXTRA base hit

Situations

Free swings- There is no specific objective for each at-bat. Players are to try and get a single or extra base hit. No runners start on base.

Get em over- There is only 1 runner on 2b at all times. The objective of the hitter is to get the base runner to 3b by hitting the ball to the right side, preferably on the ground. Subtract 1 point for base runner if they make a bad read and get thrown out at 3b.

Two strike approach- Hitters hit as if they have 2 strikes at-bat. If a player does not make contact then they are subtracted 1 point from the score they receive when they do make contact. If they miss twice, it is considered a strike out and they are awarded zero points.

Hit & Run- There is only 1 runner on 1b at all times. The objective of the hitter is to protect the base runner by swinging and putting the ball in contact on the ground. Base runner must steal once the ball is half way to home plate. If the hitter does NOT swing the bat, then they are NOT rewarded points.

Game Notes

- If the ball hits the top of the dome, or back wall the play is considered dead. Fielders should NOT throw the ball if it hits the dome or lights.
- If runners reach 3B then have them return to dugout.
- The goal is to get players as many at-bats as possible. To ensure this happens, coaches should use judgment on whether or not the player has a chance to make contact off the machine. If they don't, then move up and throw them a pitch. If they continue to struggle, then use a tee.
- If the ball is hit back at the L-screen then the pitcher needs to play it. If you think the pitcher would have caught the ball, then grab a ball from the caddy and finish the play. If the ball is crushed back at the pitcher, then call for a base hit right away.
- The key to running a successful on-field experience is being loud and communicating whether it's a hit, double, or out ASAP. When we say ASAP, we mean within 10 feet of the batter being out of the box.
- Players will rotate from position to position (left to right) from hitter to hitter. Once you finish at 1B, then you either rotate to the defensive dugout, or back to 3B (all depends on the amount of players you have).
- There will be a folder at the front desk with rosters and scoring logs for each week. When the night is finished leave the folder back up at the front desk. I will log players points the day after and they will be available on our website to check out.
- If by chance you do not get through 4 at-bats for each player, I will average out their score as if they had 4 at-bats. If they miss a week, I will fill in that week with an average score.
- Pitching machine- Typically we use the big Hack-Attack for all levels. Set it at a competitive speed. For younger players, if they are struggling after 4-5 pitches then move up and throw to them. We usually don't have strikeouts early in the league but as the weeks progress players can strike out. High school players can strike out starting week 1. Use your judgment.
- Lets get in a habit of always using the hack-attack junior in the cages. We think this will help players get accustomed to the machine on-field and help them overall with learning to use these machines as tools to improve their game.

*If the bullet point is highlighted in red, then communicate to the on-field group the note