



# FGYB

## Jr. Fed Practice



### FGHS Cage BP

- **Stations:**

- **T-Drills** - Working hands inside, bat in lag position for as long as possible:

- Outside T - Wood bat
- Inside T - Wood bat
- “Step Back” up the Middle T - Wood bat

- **Whiffle Balls** - Outside the cage

- Small whiffle balls with quick stick
- Large whiffle balls with wood bat

- **Tennis Ball Bunt** - Outside the cage

- 3B Line
- 1B Line

- **Underhand Front Toss**

- Screen 8' in front of batter
- Underhand toss from the front

- **Live Cage**

- 3-Bunts
- 15 Hacks
  - 10-Line drive up the middle
  - 5-Opposite field line drive “inside out”