

# 90-Minute Team Hitting Practice Plan

THE AHD PRACTICE · BASEBALL & FASTPITCH · ALL 4 PILLARS



|      |      |                    |
|------|------|--------------------|
| TEAM | DATE | COACHES / STATIONS |
|      |      |                    |

High energy doesn't mean chaos. It means clear purpose and active athletes. Run stations so nobody stands in line, keep each hitter on his or her own priority, and finish every practice with evidence you can write down.

| MINUTES | SEGMENT & PURPOSE                                                           | STATION / DRILL | WHAT I'LL WATCH FOR |
|---------|-----------------------------------------------------------------------------|-----------------|---------------------|
| 0-10    | Arrival & readiness. Prepare the body and attention.                        |                 |                     |
| 10-25   | Athletic development. Body control, force, speed or mobility.               |                 |                     |
| 25-45   | Swing priority work. Each hitter on his or her one priority.                |                 |                     |
| 45-65   | Hitting Processor. Tracking, recognition, timing, take-or-attack decisions. |                 |                     |
| 65-82   | Competitive transfer. Varied pitches, a decision every rep, and a score.    |                 |                     |
| 82-90   | Review & record. Reinforce, write down the evidence.                        |                 |                     |

**SOFTBALL NOTE** For fastpitch, feed underhand from a low release and a shorter distance in the swing and Processor segments, mix rise and drop locations, and give slapping and the short game time in the competitive segment.

# Hitter Priorities for This Practice

ONE PRIORITY PER HITTER · ONE CUE · ONE PIECE OF EVIDENCE



| HITTER | WEAKEST PILLAR | PRIORITY | CUE | EVIDENCE / SCORE TODAY |
|--------|----------------|----------|-----|------------------------|
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