Farm Practice Diagrams (Station Layouts)

Station 1: Machine Hitting

Setup: Home plate, machine, coach feeding balls. Line of players behind. After 8 swings, player runs to 1st. Flow: Player hits → runs → next hitter steps in immediately.

Station 2: Partner Catch

Setup: Players paired up, 8–15 feet apart. Flow: Catch → Point, Knock, Throw → repeat. Step back as they improve.

Station 3: Fly Balls

Setup: Coach ~10–15 feet away tossing balls up. Flow: Player moves under ball → catches above eyes → resets quickly.

Station 4: Ground Ball → First Base

Setup: Coach rolls ball, player fields, throws to coach/target at first. Flow: Field → set feet → throw → rotate.