

MGSA WINTER CLINIC

Date _____ Practice _____	ANNOUNCEMENTS _____ _____
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HITTING

Time	Station	Drill	Equipment	
:00-:10	Grip and Swing Demonstration	Large Group		
:10-:55	Stations			
		Tee	8-10 Tee and volleyballs	
		2 Tee drill	2-Tees	
		Soft Toss	Wiffle Balls	
		2 Ball Soft Toss	Wiffle Balls	
		Fence Drill	Wiffle Balls	
		Rapid Fire Soft Toss	Wiffle Balls	
		Live Hitting	Machines	
:55-:00	Wrap up and Clean up			
	6 minutes per station			

