

**PITCH HIT & RUN**

**Loaner Bag Equipment**

**1 x SKLZ QUICKSTER SPORT NET**

**24 x EASTON SOFTCORE BASEBALLS**

**2 x TEES**

**2 x REPLACEMENT TEE TOPS**

**1 x BLUE STOPWATCH**

**1 x HOME PLATE (PLEASE USE MARKERS IF NOT PROVIDED)**

**2 X BASES (PLEASE USE MARKERS IF NOT PROVIDED)**

**1 x 24INCH BAT**

**1 x 26INCH BAT**

**1 x 29INCH BAT**

**Please provide:**

**80m Tape Measure (Or best Available)**

**Note Pad**

**Pens**

**Markers (FOR THROWING & RUNNING IF NOT PROVIDED)**

**SET UP**

**PITCH:**

- **TARGET 30 feet away from throwing markers**
- **5 Baseballs**
- **Each Pitcher, 5 throws, score X/5 each attempt in hitting the center “Strike” Zone of the net.**



**HIT: Option 1: 1 Tee**



**Option 2:  
2 Tees**



- **Extend measuring tape out from Tee/Tees. (If Further than your measuring tape, estimate the distance.)**

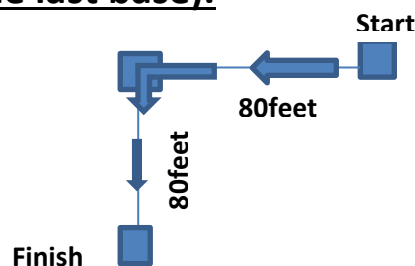
**3 ATTEMPTS: Have each batter hit the ball as far as they can along the Measuring tape.**

**Record the distance of the ball once it has stopped rolling.**

**Only record the furthest hit of each attempt.**

**RUN: Set up Bases/Markers 80 feet (25m) Apart. Then another on a 90° angle 80 feet (25m) away.**

- **The base runner will be timed from when they start till when they finish (touch the last base).**



**Group Sheet**

**Print x3 so one rotates with each group**

<u>#</u>	<u>Name</u>	<u>Pitch (out of 5)</u>	<u>Hit (Furthest hit)</u>	<u>Run 1</u>	<u>Run 2</u>
<u>1</u>					
<u>2</u>					
<u>3</u>					
<u>4</u>					
<u>5</u>					
<u>6</u>					
<u>7</u>					
<u>8</u>					
<u>9</u>					
<u>10</u>					
<u>11</u>					
<u>12</u>					
<u>13</u>					
<u>14</u>					
<u>15</u>					
<u>16</u>					
<u>17</u>					
<u>18</u>					
<u>19</u>					
<u>20</u>					
<u>21</u>					
<u>22</u>					
<u>23</u>					
<u>24</u>					
<u>25</u>					
<u>26</u>					
<u>27</u>					
<u>28</u>					
<u>29</u>					
<u>30</u>					