**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.**

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***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).**

**Start**

**80feet**

**80feet**

**Finish**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Group Sheet**  **Print x3 so one rotates with each group** | | | | | |
| **#** | **Name** | **Pitch (out of 5)** | **Hit (Furthest hit)** | **Run 1** | **Run 2** |
| **1** |  |  |  |  |  |
| **2** |  |  |  |  |  |
| **3** |  |  |  |  |  |
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| **30** |  |  |  |  |  |