



Buccaneer BP



4 Rotations (10-15 min each)

Infield Group 1 (Live):

Outfield Group 1 (Baserun):

Infield Group 2 (Defense):

Outfield Group 2 (Defense):

2nd Rotation: OF Group 1 Live, IF Group 1 Baserun, IF and OF 2 stay on Defense

3rd Rotation: IF Group 2 Live, OF Group 2 Baserun, IF and OF 1 Defense

4th Rotation: OF Group 2 Live, IF Group 2 Baserun, IF and OF 1 Stay on Defense

3-4 Rounds of 4-6 Swings (Dead, Live, Dead, Live) Hitter runs on last swing

Round 1: Middle Away Runner on 1st

Round 2: Gap to gap runner on 2nd 1 Out

Round 3: Gap to gap runner on 3rd less than 2 outs, infield back

Round 4: Free (Stay between the light poles)

*All Baserunners act independently of each other on balls that are live

*Hitters peel off after running out their last live swing and return to live group

*All balls put in play on swings that are not live are thrown off to 2 bucket men in foul territory

*Stress to OF to not play balls that are out of play or over their head on balls that are not live

*Everything is on clock!!! Hustle and quick transitions gets you more swings