

# **Soft Toss Drills**

No Stride

Regular

Angled In

Angled Out

Drop Toss

# **No Stride**

## **Purpose**

- To insure perfect timing on each swing during soft toss.
- To eliminate the stride portion of the swing so that the player can focus on his swing and the contact that he is making.
- To achieve good contact before moving on to a more complicated drill.

## **Drill**

- The player should assume a normal stance.
- The feeder should be slightly in front of the player's front leg. His aiming point will be the player's front thigh.
- The player should take his normal stride and stop.
- He will remain in this position throughout the drill. He should not stride again.
- The feeder will toss the ball at the player's front thigh.
- The player will take an normal swing concentrating on mechanics and good solid contact.
- When solid contact is made consistently the player is ready to move on to more complex drills for soft toss.

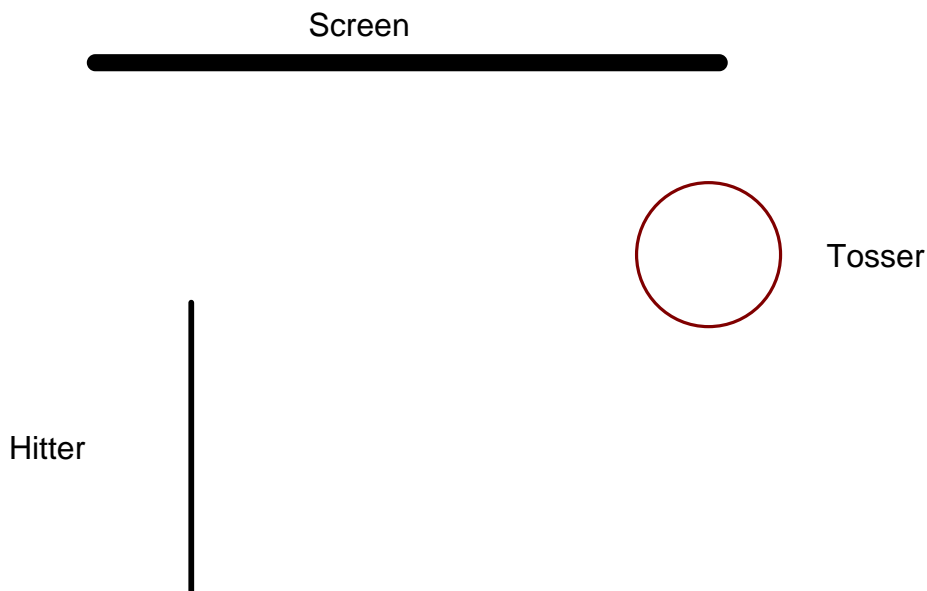
## Regular Soft Toss

### Purpose

- To work on the overall mechanics of the full swing.
- To build confidence in working in soft toss drills.

### Drill

- The player should assume his normal stance.
- The feeder should be slightly in front of the player's front leg.
- The feeder's aiming point will be the player's front thigh.
- The feeder will toss the ball to the player's front thigh.
- The player will take a normal stride and swing focusing on mechanics and contact.
- A tendency that many players will have at this point in time will be to get lazy on the back side. The player must force himself to start his swing with his back side.



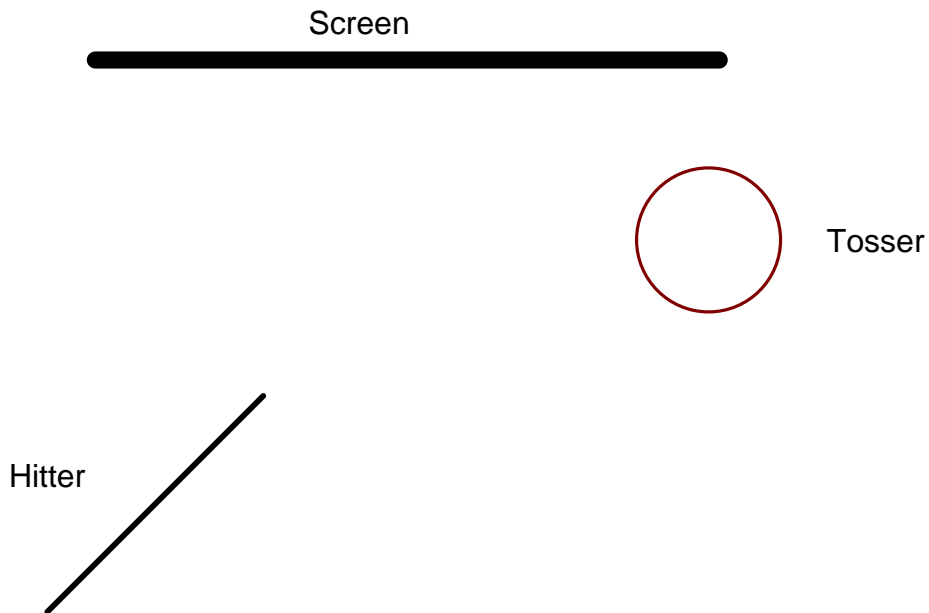
## Angled In Soft Toss

### Purpose

- To work on hitting the inside pitch in the proper location.
- To isolate the player in a soft toss drill and force him to hit the ball out in front of him just as if the pitch was inside.

### Drill

- The player should begin by assuming his normal stance.
- He should then turn in at a 45 degree angle thus closing his stance.
- The feeder will position himself so that he is well ahead of the player's front leg. His aiming point should be the player's front thigh.



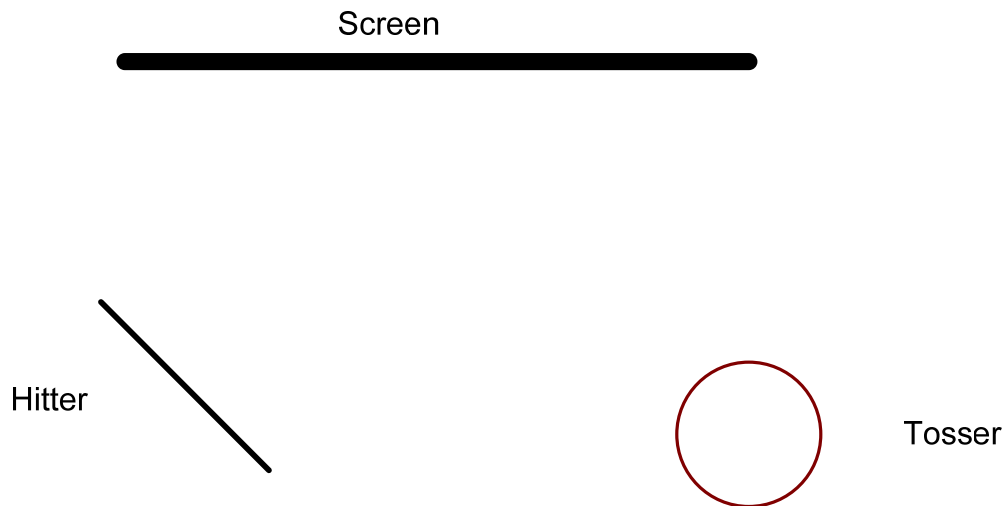
## Angled Out Soft Toss

### Purpose

- To work on hitting the outside pitch in the proper location.
- To isolate the player in a soft toss drill and force him to hit the ball further back just as if the pitch was outside.

### Drill

- The player should begin by assuming his normal stance.
- He should then turn out at a 45 degree angle thus opening his stance.
- The feeder will position himself so that he will be in line with the player's back leg. His aiming point should be the player's back thigh.
- The player will most certainly feel awkward performing this drill (he must, however, learn that the outside pitch must be hit towards his back leg).



# **Drop Toss**

## **Purpose**

- To teach the player to keep his weight back on his stride.
- To develop a quick bat, by emphasizing the importance of starting the swing with the back foot.
- All around hand-eye coordination.

## **Drill**

- The player should assume his normal stance.
- The feeder should align himself so that he is directly in line with the player's front shoulder.
- The feeder should hold his arm out straight at shoulder height. At full reach he should be approximately 2-3 feet away from the front shoulder of the player. The feeder will know if he is in the proper position because if he dropped a ball in this position it should hit the plate.
- The feeder should take a ball and hold with his arm straight at shoulder height.
- The player should stride.
- When the foot of the player comes down the feeder should count 1-1000 and drop the ball. This will allow the player to have a good idea as to when the ball will be released. This should continue until the player is making solid contact with the baseball consistently.
- In the advanced version of the drill the feeder can drop the ball at any time after the player strides (weight back).