

OVERCOMING BATTER'S FEAR DRILL 1

PURPOSE

To alleviate a player's fear of getting hit by a pitch

EQUIPMENT

Soft-covered balls, a bat

TIME

Approximately 10 minutes or until each player has a turn

PROCEDURE

1. The coach pitches a soft-covered ball to a batter with the intent to hit him.
2. When the pitch reaches the batter's body, the batter turns into the pitch so that the ball hits his back.

KEY POINTS

The fear of getting hit by the ball is a common problem for youth players and hinders their hitting ability.

1. Turning in so that a tennis or soft-covered ball hits the player in the back may alleviate his fear of being hit in a game.
2. A player who greatly fears being hit should use a pivot bunt instead of a square bunt. Bunting successfully builds a player's confidence in the batter's box.

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