

## Regular Hitting Drills

### Short Toss From the Front

#### Age Appropriate

Grouping 1, all ages

#### Objective

To use the big part of the field by keeping the front shoulder in long enough to hit balls tossed to the outside part of the plate up the middle or the opposite way

#### Setup

L-screen, stool or bucket for coach to sit on, coach to toss, bucket of balls

#### Execution

This drill stresses using the big part of the field. Coach sits on a bucket or chair behind a screen about 10 to 12 feet out in front of home plate. Coach tosses pitches underhand, but firmly, to outside part of plate. Batter tries to keep the front shoulder in and drive the ball up the middle or the other way. Some batters naturally will pull the pitches, which is okay if that's their natural swing and they hit line drives. Weakly pulled ground balls are what we're trying to avoid.



