

PARTNER TOSS ZONE HITTING – UTM (UP THE MIDDLE)

Purpose:

Partner tosses the ball into the middle zone and the batter works on hitting the ball up the middle.

Setup:

Batter sets up in front of net. Partner sits beside net with balls.

Execution:

1. Partner tosses the ball to the batter.
2. Batter swings and hits the ball into the net.

Coaching Tips:

- Patience is key. Batter should wait for the ball to get the middle zone area.
- Batter should be watching the ball from the partner's leg area into the middle zone.
- Batter should not swing at bad tosses that are out of the strike zone.



Partner tosses the ball to the batter who is working on hitting the ball up the middle.

PARTNER TOSS ZONE HITTING UTM WITH SB401 & 11-INCH SOFTBALLS

Purpose:

Partner tosses the ball into the middle zone and the batter works on hitting the ball up the middle.

Setup:

Batter sets up in front of net. Partner sits beside net with balls.

Execution:

1. Partner tosses the ball to the batter.
2. Batter swings and tries to keep her hands inside the ball and hit it with the sweet spot on the bat.

Coaching Tips:

- Batter should keep head down upon contact and stay balanced through the entire swing.
- Batter should use short quick first step and keep lead foot closed.



Batter prepares to swing the short barrel SB401 bat.

TWO STRIKE STANCE

Purpose:

Prepares batters to feel comfortable in game situations when they are at bat and have two strikes.

Setup:

Player takes a wider stance than usual, opens up a bit, widens her strike zone and shortens her swing. A partner sits or kneels off to the side to toss balls to the batter. The coach stands nearby to critique the batter's swings.

Execution:

1. Player gets into two-strike stance.
2. Partner tosses the ball to the batter.
3. Batter swings and hits the ball into the net.

Coaching Tips:

- Practice this drill regularly to ensure your players feel comfortable and confident when they get in a two-strike situation in a game.
- Partner should toss the ball all over the strike zone so batter learns to cover the entire plate.
- Batter may also want to choke up to get more control of the bat in a two-strike stance.



Batter prepares to hit the ball while in a two-strike stance.

TWO STRIKE STANCE WITH SB401 & 11-INCH SOFTBALL

Purpose:

Another drill to get batter comfortable with two strike stance. Also improves players' focus and hand-eye coordination.

Setup:

Batter gets in two-strike stance while holding SB401. Partner tosses 11-inch softballs to the batter to hit.

Execution:

1. Partner tosses the ball.
2. Batter swings and hits it into the net.

Coaching Tips:

- Batter should have a bigger strike zone with two strikes on her. The last thing a batter should want to do is strike out looking.
- Hitting tip: Any time a batter's body has to break down to reach for a pitch it is not a strike and they should not swing.



Batters should strive to hit the ball with the sweet spot of the bat in this side toss drill.

TIMING DRILL

Purpose:

Helps batter learn to time the pitch. Also, teaches her to keep her hands back when going after an off-speed pitch, outside pitch or change-up.

Setup:

Batter sets up in normal stance in front of net. Partner stands to side of net and bounces a tennis ball to the batter to hit.

Execution:

1. Batter gets in loaded position.
2. As the partner goes into the toss and starts to bring her arm down, the batter begins phase one of the swing, taking a stride and being sure to keep her hands back.
3. Partner bounces ball to batter.
4. Batter swings and hits it into the net.

Coaching Tips:

- This drill works best on a nice, hard, flat surface. If you are doing it outside, make sure the dirt is smooth and level.
- Batter should keep her hands back until the ball bounces into her zone.



Batter prepares to hit the tennis ball that has been bounced into the strike zone.

FAKE TOSS

Purpose:

Helps batter improve timing and focus.

Setup:

Batter gets into normal stance. Partner sits or kneels to the side to toss the ball to the batter.

Execution:

1. In addition to tossing the ball to the batter, the partner also uses fake tosses to attempt to throw the batter's timing off, like how a changeup might.

Coaching Tips:

- Make sure players are keeping their hands back and waiting for the ball to get into the zone instead of rushing even when they take a step on the fake toss.



Partner tosses the ball to the batter after executing a fake toss.

TWO BALL TOSS

Purpose:

Forces the batter to react to the stimulus helping improve their decision making and develop split-second reaction skills.

Setup:

Batter sets up in normal stance in front of net. Partner sits or kneels off to the side.

Execution:

1. Partner tosses two balls to the batter at the same time.
2. Partner tosses the balls in vertical fashion so that one goes higher than the other.
3. Partner calls out “high” or “low.”
4. Batter must then swing at the ball that the partner called.

Coaching Tips:

- This is a drill for experienced players. If you are doing it with youth, then the coach should be the tosser.



Batter swings at the ball called out by her partner.