



Fastball Front Toss

Skill Set: Hitting

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 10 minutes

Equipment Required: Screen for coach to throw behind, home plate, and a bucket of baseballs

Goal: Focus on rhythm of the hitter with the pitcher and driving the ball up the middle

Description of the Drill:

- Screen set up 30 feet from the plate
- Hitter sets up even with the plate
- Coach underhand throws the ball down the middle of the plate on a line at a slow to medium speed from behind the screen
- Hitter tries to hit the ball back up the middle, working on timing with the coach's pitches
- Focus should be on good quality swings, with hitters finishing their swing and staying balanced
- Partners switch after 10 swings

Add Difficulty:

- To add a degree of difficulty, coaches can throw pitches inside and outside
- Hitters should hit outside pitches to the opposite field (or opposite side in a cage)
- Hitters should try to hit inside pitches back up the middle or a little to the pull side of the middle

Layout of Drill (cage is optional, can be done on a field):

