



Rapid Fire Toss

Skill Set: Hitting

Difficulty Level: Medium

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

Average Time to Complete: 5 minutes

Equipment Required: Bucket of baseballs, bat

Goal: Hit the ball up the middle working on quick hands and a good bat path to the ball

Description of the Drill:

- Hitter sets up even with the plate, while partner kneels on the other side of the plate
 - Partner side tosses 10 balls in a row, allowing only enough time for the hitter to get reset after every toss (this should be done quickly)
 - Hitter focuses on quick hands to the ball and good bat paths, hitting the balls up the middle
 - Partners switch after 10 swings
 - If players are getting tired from swinging so quickly, limit the repetitions to 5 or give more time between tosses
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Layout of Drill:

