



Sacrifice Bunt

Skill Set: Bunting

Difficulty Level: Easy

Number of Athletes and Coaches: 1-4 athletes and 1 coach, or 3-4 athletes as a group

Average Time to Complete: 10 minutes

Equipment Required: Throw down base, at least 5 baseballs, helmet, bat

Goal: Bunt the ball down on the ground, making it stop before reaching the tosser

Description of the Drill:

- Throw down plate set up with fence as backstop
- Bunter sets up even with the plate, gets down on one knee (back leg is down on knee)
- One group member/coach stands 15 feet in front of bunter and tosses ball underhand at a slow to medium speed down the middle of the plate
- Other group member(s) gather the balls as they are bunted
- Bunter should show bunt early, before the tosser throws the ball
- Bunter focuses on keeping the bat at the top of the strike zone (chest level) with the barrel slightly higher than the hands, and bunting the ball on the ground, making it stop rolling before reaching the tosser
- Top hand should be slid to the bottom of the barrel and the bottom hand should be at the bottom of the grip
- Partners switch after 5 bunts

Add Difficulty:

- To add a degree of difficulty, the tosser can toss the ball inside, outside, low, and high
- The bunter should always bunt the ball on the ground, not popping it up.

Layout of Drill:

