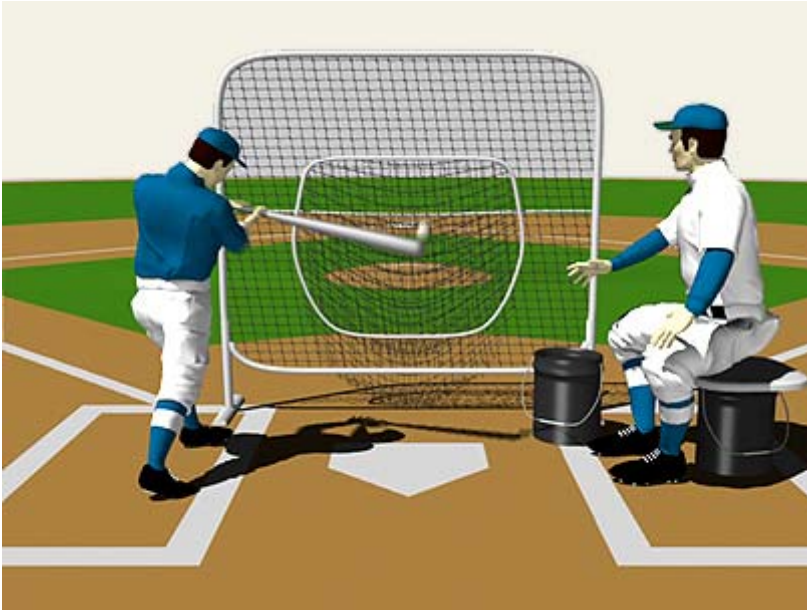




Hitting

Soft Toss Drill



Organizational Set Up
Batting net.
Large supply of balls.
One bat each player.



Coaching Points:

It's especially important when the pitcher reaches his arm back to deliver the ball, that the batter takes his hands back a little towards the catcher. The soft toss is a good drill to work on the players trigger.

In this drill the coach serves balls to the pitcher. As the coach drops his hand it is the signal that the pitcher is reaching back to throw. That's when the player should take his hands back towards the pitcher. As a coach, the way you soft toss the ball is important because you don't want to jam the player by getting it too close to his body so that he can't extend his arms. You also don't want a too high of a trajectory; it makes it more confusing for the batter. You want to flip it out in front of his body, not back even with the plate because then it's a little more dangerous for you.