Improve Arm Strength with a Soccer Ball

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A softball drill that we use at the University of Mississippi is called the Soccer ball drill. It's a great drill fastpitch players can use practically anywhere--just need a few soccer balls--and is perfect for building arm strength and teaching pitch recognition.

This drill consists of a tee, a small plunger (turn upside down and put in the tee), three to four soccer balls, and an old bat.

Purpose

- To build forearm strength
- To see the rotation on the ball (you want back spin)
- To teach young hitters to drive through the ball and not pull off.

The Drill

- Put soccer ball on upside down plunger which is inside top of tee.
- Line up with tee and hit the soccer ball just like you would do if it was a regular ball.

The best part of this drill is you don't need to wait until practice to get started; just grab a few balls and head to the backyard. You'll find your softball skills improving in no time.