

## Four good ways to throw/toss batting practice:

1. Soft toss on the foul line 10-12 feet from home plate.
2. Soft toss from 10-12 feet directly behind home plate.
3. Soft toss (behind a screen) 20-30 feet in front of home plate
4. Live batting practice (behind an "L" screen) (10-15 feet in front of the mound)
5. Live pitching (from the mound)



All five ways to throw/toss may be thrown over hand, but 1 & 2 may be better for the batter and easier and more accurate for the thrower if thrown under hand.

1,2,&3 are better for the thrower if tossed or thrown from a sitting position on a stool or bucket.

