

THE PROGRAM, YOUTH SKILL DEVELOPMENT

2016 MWLL Coaches Clinic

Hitting Drills

Tee Work – Ball should be placed waist height and player should have front foot in line with T.

Soft Toss – The person tossing the ball is VERY important. Toss should be placed knee to waist height slightly in front of batter.

Front Toss – Tossers stand behind a screen, 10-15 ft away. Toss is firm and under hand.

Coach Throw – It is very important that you have a coach that can throw hittable pitches. Doesn't have to be a perfect strike

Machine Pitch – Have the machine going and set before you send players out. Know the machine. Most machines will change speed, height, and location after 1st pitch

Speed Drill – Solid base, can't move feet. Rounds of 3 tosses. Player takes full swing, then takes hands and bat back over his/her head to original hitting position and repeat.

Skinny Bat & Mini Wiffs – Make sure player still takes regular swings

Soft Toss Call Spin – Spin ball and player call out front or back spin

Numbered Wiffs Front Toss – Mark 7-10 spots with the same number, different number on each ball. Player calls out before they can swing

Lose your Balance – Take swings to lose balance.

“Where Work Ethic Is Born & Athletes Are Created”