

Angle Toss - Pull Side

Age Level:

All Levels

Position:

All Players

Description of Drill:

Front toss from an angle to allow player to see ball deep

Purpose of Drill:

Teach the player to let the ball get deep. Also focuses on not bailing early or pulling of the ball. Forces the kids not to cast their hands. Hit the ball to opposite field.

of Coaches/Players

Link to Diagram

One Coach

All Players

[Angle Toss](#)

Equipment

Link to Video

L-Screen

[Angle Toss - 2nd Video](#)

Lots of Baseballs

Time of Drill:

15 Minutes

of Reps per Player:

30+ - 4 Players

How To Run The Drill

Position the L-Screen at an angle (to the pull side of player). Video shows angle. Overhand toss or underhand toss. Make sure the kids let the ball get deep. They should not hit the ball into the screen. They should hit it up the middle or to the opposite field.

Comments:

I like this drill as a pregame warm-up. If you use heavy, wiffle or smush you don't need a lot of room and you wouldn't need an L-Screen. This drill really helps kids let the ball get deep and will help them stay back on offspeed pitch.