

| Front Toss | |
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| Age Level: | All Levels |
| Position: | All Players |
| Description of Drill: | |
| This drill will allow the coach to simulate all pitches | |
| Purpose of Drill: | |
| <p>Allow the kids to get a lot of great reps because the coach can throw a good pitch every time. Coach can work inside, outside and middle.</p> | |
| # of Coaches/Players | Link to Diagram |
| One Coach | Front Toss Setup |
| All Players | |
| Equipment | Link to Video |
| Area to Hit | Front Toss Explanation |
| L-Screen, Lots of Balls | Need to film |
| Time of Drill: | 15 Minutes |
| # of Reps per Player: | 30+ - 4 Players |
| How To Run The Drill | |
| <p>Coach needs to flip the L-Screen around so they are positioned behind the tall part. They position the L-Screen about 10/15ft from the player hitting the ball. Side of the L-Screen is lined up with the outside corner of the plate. Coach sits on a bucket and toss the ball underhand to the player. Nice hard toss. Coach can vary speed and place the ball on the inside and outside of the plate. Easy to force kids to hit the ball to the opposite field by placing the ball on the outside corner consistently. 2nd Video will show this.</p> | |
| Comments: | |
| <p>This drill replaces traditional batting practice. Coaches are able to throw consistent strikes. Can also use smush balls, wiffle balls and heavy balls. If using entire field you can simulate a live game as well.</p> | |