

# Hitting Drills

- T Drills
  - Hitting zones (middle, outside, inside)
  - Step behinds – firm front side.
  - High T drill – keep hands inside the ball.
  - One hand drills – choke up to trademark – barrel up.
  - 1-2-3 Drill – 1 Stride, 2 back knee and hands, 3 extension and high finish
  - Drop down drill – drop to back knee on finish
- Toss Drill
  - Clemente drill – one knee – barrel up
  - Back toss – hands inside the ball
  - Contact points – middle, outside, inside
  - Bounce toss – off-speed pitches.
  - Fake toss – off-speed pitches.
  - High toss – shoulder height – hands inside
  - 1-2-3 Drill – 1 Stride, 2 back knee and hands, 3 extension and high finish
  - Drop down drill – drop to back knee on finish