

Pitching Drills

Bunt Drill

Age Appropriate

Grouping 5, ages 10 to 15+

Objective

To teach pitchers the mechanics of fielding bunts to various locations

Setup

Baseball field, pitching mound (optional), baseballs, pitchers, first basemen, coach to roll balls, catcher

Execution

Pitchers line up behind the mound with the first basemen lined up at first. First pitcher throws a pitch from the mound to the catcher. Coach is at home plate with a ball. After the pitch crosses the plate, the coach rolls a ball to simulate a bunt. Pitcher fields the bunt properly, generates momentum toward the target, and follows the throw. Stress footwork. On bunts to the first-base side, a right-hander opens up to first base before fielding the ball, generating momentum toward the target and throwing. A left-hander places the left foot between the ball and foul line and slowly turns the body to the glove side before fielding and making the throw (don't open too far; point the shoulder and generate momentum toward the target). Reverse the footwork on bunts to the third-base side. Add batters to make the bunts more realistic and to allow players to practice bunting. This drill can be combined with bunting drills by placing cones on the infield to illustrate where bunts should be placed.

