

BUBBLE BASEBALL

PURPOSE

To develop different stages of hitting, particularly hand-eye coordination

EQUIPMENT

One or more large plastic bats, one or more bottles for blowing bubbles

TIME

4 to 6 minutes depending on whether the drill is performed with a team or individually

PROCEDURE

1. The player holds a plastic bat; the grip is not important.
2. A coach or a parent kneels in front of the player and blows bubbles out of a bottle.
3. The player swings the bat at the floating bubbles.

KEY POINTS

This most basic drill is not only incredibly fun for young players, it also teaches the difficult skill of hitting a moving target.

1. Kids as young as three can perform this drill; however, all age groups can benefit from hitting an unpredictable moving target.
2. The player does not remain stationary or in the batter's box but instead chases the moving bubbles around the field or backyard.
3. This drill is more appropriate for one-on-one practice than for team practice.
4. Do not stress technique. Successfully hitting the bubbles is the most important goal for this drill.

RELATED DRILLS

None

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