

Regular Hitting Drills

Bunting Drill

Age Appropriate

Grouping 1, all ages

Objective

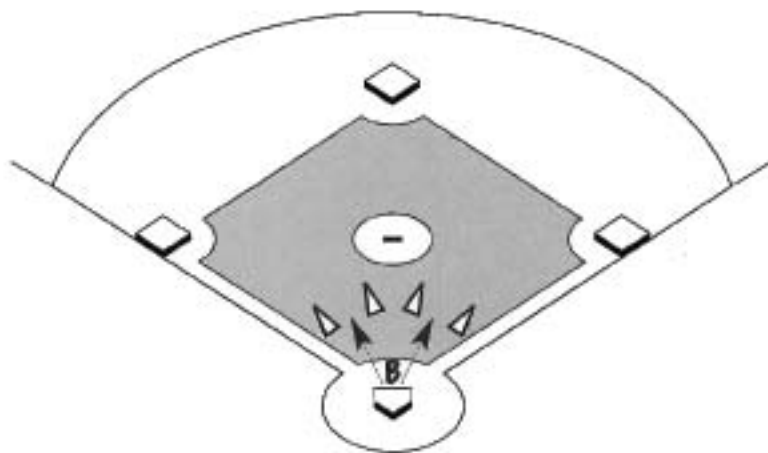
To work on keeping sacrifice bunts away from the pitcher

Setup

Four cones, bucket of balls, coach or player to pitch

Execution

Set up two cones down the first base line about halfway between home plate and the mound. One should be about 3 feet inside the baseline, the other about 8 to 10 feet inside the line toward the mound. The same thing should be done on the third base line. A coach can throw from a shortened distance with players taking turns bunting. The idea is to stop or push the ball between the cones. Try not to make the bunts too perfect. Make the pitcher come off the mound to field the ball. Stress that players pivot both feet instead of squaring to bunt. Have them start with the bat at the top of the strike zone and the barrel of the bat above the hands at an angle, bending their knees for lower pitches and leaving pitches above the hands alone. Players should give with the pitch to deaden the ball and use the bottom hand to guide the bat and push the ball in the desired direction. Give the players five tries each; see how many each one can get between the cones.





Coaching Keys

If the ball is being popped up quite a bit the barrel of the bat probably is below the hands at the moment of contact. The player may be either bunting a pitch that's too high, starting the bat too low and then bringing it up to meet the ball, or not bending his or her knees to get to lower pitches. If the ball is being bunted consistently back to the pitcher, the batter is not using the lower hand to angle the bat correctly. If the batter is bunting a lot of foul balls, he or she is most likely not placing the bat in front of home plate.