

CONCENTRATION DRILL

PURPOSE

To develop a batter's concentration during the pitcher's release

EQUIPMENT

Six baseballs, each with a small mark the size of a quarter on two or more sides of the ball; two of the balls should be marked with one color, and the other four with a different color; the colors should be bright and easy to see

TIME

4 to 6 minutes

PROCEDURE

1. The first batter stands in the batter's box.
2. The pitcher takes one of the six baseballs, hiding the colored dot from the batter, and pitches the ball.
3. The batter strides but does not swing and instead calls out the color on the baseball after it is in the catcher's glove.

KEY POINTS

This drill is more appropriate for older players; however, younger players may enjoy the challenge. This drill teaches players to keep their eye on the ball.

1. Starting in a proper stance, the batter prepares as usual and does everything except swing.
2. The batter must follow the flight of the ball and watch it go into the catcher's glove.
3. This drill can be set up as a competition to see which batter can identify the most colors correctly.
4. Divide the team into groups and use assistant coaches to set up two or three stations at one time.
5. Coaches should also throw in a ball without any color to see how players react. Some will guess a color; others will tell the coach they followed the ball but didn't see any color.

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