

Fun Hitting Drills

Hitting Contests

Age Appropriate

Grouping 1, all ages

Objective

To add a competitive angle to regular hitting drills to make them seem less like work

Setup

Depends on the drill; usually a bucket of balls and a coach or pitching machine to feed or pitch

Execution

Almost any hitting drill can be turned into a contest using a point system. Award a point for a hard ground ball up the middle, 2 points for a line drive up the middle, and 5 points for a line drive up the middle that reaches the back wall of a cage or the outfield grass (depending on where you're hitting). Develop your own point systems for whatever concept you're teaching. Stress proper hitting mechanics at all times. The scoring sheet included here is designed to help you track individual and group totals for two rounds as well as the team total. Keep a record and compare results over the season to see how your team is progressing.

Player/group	Round 1	Round 2	Total
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
<i>Group 1 total</i>	_____	<i>Group 3 total</i>	_____
<i>Group 2 total</i>	_____	<i>Team total</i>	_____