

## Fun Hitting Drills

### Knock Out the Catcher

#### Age Appropriate

Grouping 2, ages 4 to 9

#### Objective

To work on hitting the ball hard up the middle by keeping the front shoulder in and striding toward the pitcher

#### Setup

A coach, catcher's gear, a bucket of soft or sponge rubber balls, a stool or bucket to sit on

#### Execution

A coach dresses in full catcher's gear and sits on a chair 10 to 15 feet from home plate. The coach tosses the ball and tells the hitter to knock him off the chair. Without really knowing it, players are working on hitting the ball hard up the middle.



*(continued)*

## Knock Out the Catcher *(continued)*



### **Coaching Keys**

Because this drill is intended for younger players, you don't want to get too technical here. However, if players are really struggling to hit the ball up the middle and are pulling weak ground balls, they are probably "pulling off" the ball. This means that they are likely stepping and taking the front shoulder away from the pitcher. To correct this, you can toss the ball more to the outside part of the plate and force the stride and shoulder to come more toward the pitcher.