# Fun Hitting Drills

# Line Drive Home Run Derby

### Age Appropriate

Grouping 3, ages 4 to 12

### Objective

To work on keeping the head, eyes, and shoulders as level as possible throughout the swing; hitting line drives

#### Setup

Bucket of soft or sponge rubber baseballs, home plate, hitting net for a backstop, pitching machine (optional)

#### Execution

Use soft or sponge rubber baseballs and set up in the outfield, hitting toward the fence. Pitch overhand or toss balls underhand to players and award points for hard ground balls and line drives. Home runs count 5 points if they are line drives. High fly balls are outs, even if they travel beyond the fence. Swings and misses, pop-ups, and foul balls are outs. Give each player 3 outs and see who scores the most points. This drill can be done just as well with a pitching machine. The scoring sheet below will help you keep track of individual, group, and team scores. Analyze your team's progress by comparing results throughout the season.

Player/group	Round 1	Round 2	Total
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roup 1 total		Group 3 total	-
roup 2 total		Team total	