

Advanced Hitting Drills

Lob Toss

Age Appropriate

Grouping 5, ages 10 to 15+

Objective

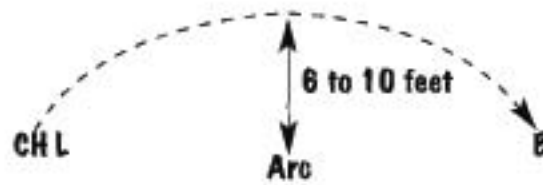
To keep the weight loaded on the back foot as long as possible before shifting the weight forward to hit; verbal cue: "Let it get deep."

Setup

L-screen, bucket of balls, coach to pitch, bucket or stool to sit on

Execution

This is a drill that Cal worked on every day. Coach sits or stands behind a screen about 20 to 40 feet in front of home plate, depending on the player's ability level and the ability of the coach to throw the ball with accuracy. The coach tosses balls with a high arc (as in slow-pitch softball). The batter lets the ball travel as far as possible (verbal cue: "Let it get deep") before trying to drive the ball. Designed to help hitters be patient and avoid shifting weight to the front foot too soon.



Coaching Keys

If players can't stay back and consistently shift their weight forward too soon, have them widen their stance and cut down on the length of the stride.

(continued)