

1-2-3 Drill

Skill Set: Hitting

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 10 minutes

Equipment Required: Tee, baseballs, net or screen to hit into

Goal: Load so that weight is shifted mostly to back foot, stride while staying balanced

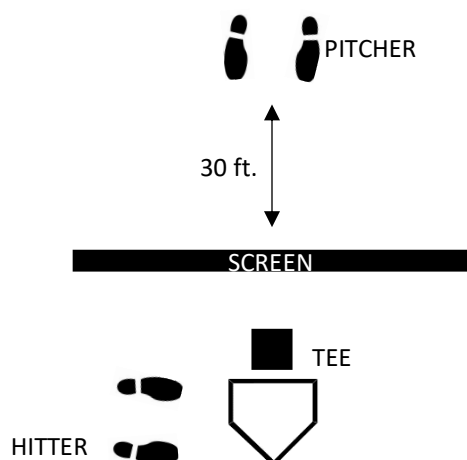
Description of the Drill:

- Tee set up slightly in front of the middle of the plate
- Hitter sets up even with the plate, while other partner puts a ball on the tee
- Hitter gets ready, looks forward to visualize a pitcher
- Partner then calls out “1, 2, 3” pausing after each number, on each number hitter will:
 - 1: Hitter loads shifting weight to back foot
 - 2: Hitter strides while staying balanced, hands separate to move back from the shoulder
 - 3: Hitter swings and hits the ball
- Hitter tries to hit the ball back up the middle
- Partners switch after 5 swings

Add Difficulty:

- To add a degree of difficulty, one of the partners can stand 30 feet away on the other side of the net the players are hitting into (shown below) and go through a dry pitch like a pitcher (without a ball), this gives the hitter a real visual of a pitcher (1, 2, 3 should still be separated motions)
- The hitter can also move the tee to different contact points (inside, middle, outside) as shown for a right handed hitter below

Layout of Drill (pitcher is optional):



Contact Points for a Right Handed Hitter:

(Flip for Left Handed Hitters)

