



Change-Up Front Toss

Skill Set: Hitting

Difficulty Level: Medium

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

Average Time to Complete: 10 minutes

Equipment Required: Screen for coach to throw behind, home plate, and a bucket of baseballs

Goal: Focus on not anticipating pitches and being under control when hitting

Description of the Drill:

- Screen set up 30 feet from the plate, hitter sets up even with the plate
- Coach underhand throws the ball down the middle of the plate on a line at a medium to fast speed from behind the screen
- Hitter hits the ball back up the middle of the cage
- Every couple of tosses, the coach throws a change-up at a slow speed
- The coach should check the position the player is in, making sure they have not started their swing before the change-up gets to them
- If the player has already started their swing, the player should focus on being under better control and not anticipating and jumping at pitches
- Partners switch after 10 swings

Add Difficulty:

- To add a degree of difficulty, coaches can throw pitches inside and outside

Layout of Drill (cage is optional, can be done on a field):

