



## Double Ball Toss

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**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:** 5 minutes

**Equipment Required:** Bucket of baseballs, bat

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**Goal: Hit the ball up the middle working on hand-eye coordination and reaction time**

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### Description of the Drill:

- Hitter sets up even with the plate, while partner kneels on the other side of the plate
- Partner holds a ball in each hand, moving their arms as if they were going to toss the balls at different times
- Partner then side tosses one of the balls
- Hitter should pick up the tossed ball and drive it up the middle
- Partners switch after 10 swings

### Add Difficulty:

- To add a degree of difficulty, the partner can toss the ball softer to simulate a change-up throw
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### Layout of Drill:

