

Off-Speed 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: Wait on an off-speed pitch, keep head & hands back, & drive the ball up the middle

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 at a very slow speed from behind the screen
- Hitter tries to hit the ball back up the middle, working on waiting for the ball to get to them
- Focus should be on keeping the head and hands back, and driving the ball up the middle
- Partners switch after 10 swings

Modifications:

- To add a degree of difficulty, coaches can throw pitches inside and outside
- Hitters should hit outside pitches to the opposite field (or opposite side in a cage)
- Hitters should try to hit inside pitches back up the middle or a little to the pull side of the middle

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

