



Soft Toss

Skill Set: Hitting

Difficulty Level: Medium

Number of Athletes and Coaches: 1-2 athletes and 1 coach

Average Time to Complete: 10 minutes

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

Goal: Focus on timing of swing, location of the ball and isolating proper contact points

Description of the Drill:

- Screen set up 15 feet from the plate.
- Batter gets into hitting stance, setting up even with the plate.
- Coach underhand throws the ball down the middle of the plate on a line at a slow to medium speed from behind the screen.
- Batter hits the ball where it is pitched, with a focus on timing, location and isolating proper contact points.
- Hitters take 10 swings and rotate.

Add Difficulty:

- To add a degree of difficulty, coaches can throw side toss from just outside the opposite batter's box, with pitches farther inside and farther outside.

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

