

Develop Hitters and Offence with Game Speed Drills

Submitted by Chad Hofmann

- The following is drills and ideas that were shared by Jay Johnson, Head Coach at the University of Arizona.

The following drills and ideas can be done in succession at practice, or only a few per practice.

- a) Situational Intra Squad, this works best with live pitchers/hitters, who also run their hits out like in a regular game, or run on their 5th hit. The coach can instruct the players with which “game situation” is occurring. This also helps defensive players understand what they are going to do with the ball if it is hit to them, or where they need to be covering on the field.
- b) 3 Plate Drill, this drill helps hitters adjust to variety of speed of pitchers and timing when hitting. It is best if the pitcher throws every pitch at a consistent velocity. (The following You Tube drill is not from Jay Johnson but uses the correct idea).
<https://www.youtube.com/watch?v=KrPNDq7QQgk>
- c) Pretend throw, T hit. This very simple yet effective drill has the coach/pitcher pretend to go through the delivery of a pitch. The hitter will watch this delivery and then make contact with the ball that is on the T in front of them. Make sure to adjust where the T is, this simulates where the ball is on the plate and makes the hitter adjust to the different position of the ball. This drill is best done in a cage, the hitter can see the flight of the ball, as well get in a large number of reps.