

## Flip Throwing Drill

Objective: Develop a fluid arm-path for pitchers

Equipment: Baseball

Instructions:

- Hold a baseball in the throwing hand, normal grip, with fingers underneath and thumb on top. Start with feet split apart, as if ready to throw towards a target.
- Toss the ball up to head height, in front of throwing shoulder.
- Grab ball out of the air, while ball is on the way down, with throwing hand, this time with fingers on top of ball and thumb underneath.
  - Athlete's arm and hand will be moving down towards the ground when grabbing the ball.
- Continue the motion down and back, bringing the ball to full load position before turning and throwing.
- The idea is to have a fluid arm-path (half-circle motion: down, back, and up) when getting loaded up to throw, instead of bringing the ball straight back out of the glove.

## Two Tee Fungo Drill

Objective: Have infielders read and react to swing on batted balls.

Equipment: Two hitting tees, baseballs

Instructions:

- Infielders occupy standard infield positions (1B, 2B, SS, 3B)
- Coach at home plate with two tees set up, each with a ball, each in a location that the coach can hit from where they stand.
  - One tee with a ball at a higher height than the other tee.
  - Tee with the higher ball placed farther away from coach (simulate middle/away pitch), and tee with ball at lower height placed closer to the coach (simulate inside pitch).
- Coach chooses which ball to hit – either middle/away, or pull. Vary where the ball gets hit, but do not follow a specific pattern.
- Players learn to react to swing.
- Can be used with baserunners as well to simulate game situations.



### **Blind Fungo Drill**

Objective: Have players start from balanced position and react to batted ball.

Equipment: Fungo and baseballs

Instructions:

- Players form a line to receive ground balls.
- Player at the front of the line faces away from the fungo hitter.
- Fungo hitter hits a ball towards/near the first player in line. As soon as the player hears the ball hit the fungo, jump spin, land balanced, find the ball, and field the ball.
- Fungo hitter varies the speed and location to challenge the fielder, yet still ensure safety.
- Can be used with baserunners to simulate game situations.



### **Off-Angle Soft Toss**

Objective: Hitting drill to work on hitting ball to off-field

Equipment: Plate, baseballs, full or L-screen

Instructions:

- Player stands with feet aligned with back-diagonal edge of the plate. (Feet lined up towards foul line, not towards the mound.)
- Coach tosses from the front of the plate (from the direction of the mound).
- This set up forces the player to let the ball travel deep to hit it the other direction. Batter tries to hit the ball back towards the coach, which, in this set up, is off-field.

