

Two Plate BP

Set up two plates with 5-7 ft separation inside of the cage. This drill is meant to work on timing in hitters count (2-0, 1-0, 3-1 etc.) and the two strike approach.

The front plate represents a hitter's count where he is looking for a fastball middle in he can drive into the gap. Our load occurs on pitchers separation and our stride occurs before the release of the baseball so we can be on TIME for the middle in fastball.

The back plate represents the two strike approach where we are looking to be a tough out and see balls deep onto the plate. Our load still occurs on pitchers separation and now our stride occurs after the release of the baseball so we can let the ball travel and are able to hit the off speed better as well.

Coach does not change speed from plate to plate rather the change in distance should reflect the difference in velocity for our hitters counts compared to our two strike approach. You can take 5 swings and then switch plates out to make the drill more challenging you can switch every pitch.

Submitted by Matt Kosteniuk