

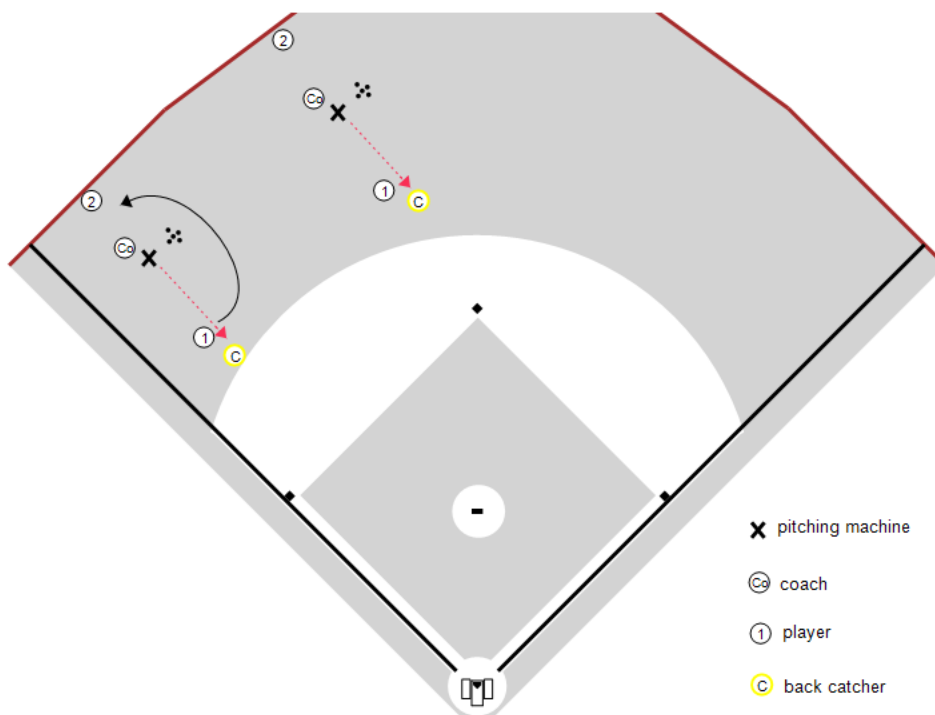
Title : Pitching Machines

Category #1 : Skill

Category #2 : hitting

Content elements:

Components :



Key Points :

early set up

tons of reps

back catcher practice

safety

Description

Objective:

- To get a lot of hitting reps from a pitching machine as well as back catcher reps

Equipment/Setup:

- 2 pitching machines set up far enough apart to safely run the drill
- 2 full sets of catchers gear

Execution:

- Coaches ensure that drill is set up safely...use the whole outfield if necessary
- Pitching machines should be set up prior to drill to get max reps and no waiting around
- Coach pitches ball from machine. Batter hits. Outfielder shags. Catcher catches missed pitches.
- Balls fielded from catcher or outfielder should be rolled at coaches feet
- Players rotate after 20-30 pitches

***This drill is about max hitting reps. Major error corrections only and should be done quickly. If more error corrections are necessary, then tee should be used off to the side. 30 swings should be done in less than 5 minutes...batters should be tired at the end of their turn