



HITTING



Solo Toss

A simple baseball/softball drill to help you nail down your swing mechanics. If you are a right-handed batter, get in your batting stance and hold a baseball/softball in your left hand (left-handed batters hold it in your right hand). Toss the ball gently into the air, and then mimic your swinging motion with your opposing hand and try to catch the ball. This is a great way to practice hitting pitches in different locations depending on where you toss the ball, and helps you practice keeping your hands and arm closer to your body and not lunging too far over the plate when you swing. If you want the full benefit of this drill, use a resistance band on your arm as you swing to really develop some muscle memory.

BASEBALL & SOFTBALL DRILLS & SKILLS

