



Drill #3 Side Toss

Batting Movement Prep/ Sequencing Warm-up

Equipment Needed: Bat, PVC pipe (5ft), Resistance Bands, Med Ball

****All done with no shoes to feel load, weight transfer*

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| <ul style="list-style-type: none">• Internal/External Rotation x10• Hip Extension Dynamic Stretch x10• Pelvic Tilt x10• Torso Rotation x 10• Cat/Cow x 10• Dry Swing full speed x10 | <ul style="list-style-type: none">• Resistance Band Hip Thrust x10• Bridge with PVC on back (Opposite Leg opposite arm lift out) x 5 a side• Med Ball sequencing with ball being moved through the bat path• Slow motion dry swings x10 |
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** Water Break & re sanitation time 2-5 Min

Side Toss

Equipment Needed: Bucket of Balls, Hitting screen, Tee, plate, Bat & Helmets

Skill: Hand/Eye Co-ordination, Hitting Mechanics, Pitch Selection

Level of Skill Development: Development/Consolidation

Objectives: 1) Slowing Down the ball to allow for correction of hitting sub skills.

2) Individually work with each athlete on their weak points in the swing, based on past assessments in the General Prep- Phase.

3) Focus on correct load and initiation of the swing to generate power from the athlete's lower half.

Teaching Points: ** Coach is overseeing 2 stations so explain both stations before they start & what you are looking for.

1) See the ability in the athlete stop (Check) their swing on a bad toss.

2) Loading, foot & hand separation

3) Weight transfer from back to firm front side, with a stacked position in balance at finish

*****Teaching cues: Use video if needed to slow down the swing for the athlete as you are explaining*

Explanation: Athlete is to side toss to batter 10 balls while they hit into the screen. Ensure that they are taking time between each toss so that the batter can step out and re-set. Only to swing at balls that are tossed correctly and at the correct part of the toss (one the down drop). Switch after 10 tosses with the other athlete.

Drill by: Sally Smith