



Perry Hitting Drills

1. Separation Drill (Balance-Stride)
2. Rhythm Drill
3. Front Soft Toss (Fast and Slow)
4. Live Pitching (Pitching Machine-Live Arm)
5. Front Hand-Back Hand-Two Hands (5-5-5)
6. Side Soft Toss (1-fastball, 2-curveball, 3-Change-up)
7. Solo Hitter (Inside and outside pitches)
8. Tee Station- (Straight up Extension)
9. Bunt Station (5-for a hit, 5-sacrifice, 5-Suicide)