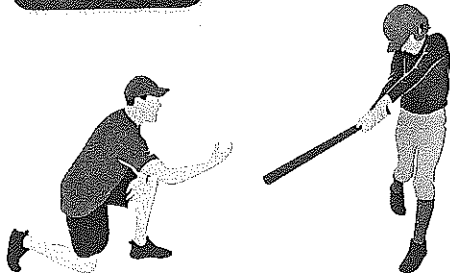


OUTFIELD SOFT-TOSS

Hitting, fielding

G/T

HITTING



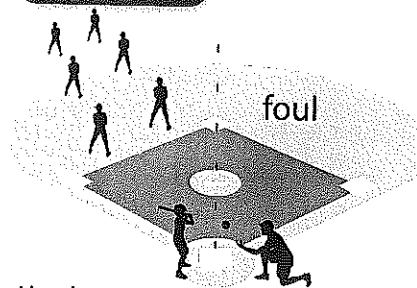
- **Line them up:** Fielders spread out in center. Coach and batter on outfield foul line. Player catching in throws.
- Batter hits to outfielders.
- Outfielders field balls and throw to player catching in.
- **Key Point:** Rotate from outfield to catch-in, catch-in to batter, batter to outfield.
- **Make it a Game:** Anyone catching fly ball automatically goes to batter.

OVER THE LINE

Hitting, defense

T

HITTING



- **Line them up:** Two equal teams. One team hitting. Other, in field, as per diagram.
- Coach pitches soft-toss to hitters who must try to hit fair ball. (Batters don't run)
- Any ball kept in infield = out. Past infield but in front of 2nd group of fielders = single. Past 2nd group = double. Past everyone = triple.
- **Key Point:** Balls caught in air are outs. Teams switch after 3 outs.
- **Make it a Game:** Use imaginary baserunners. Keep track of runs scored. Play full 6-inning game.

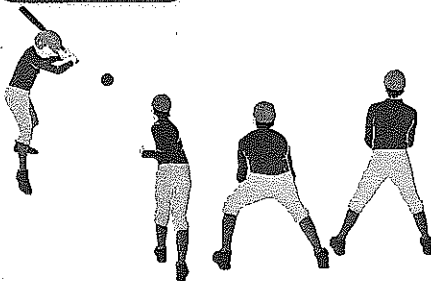
Hitting

PEPPER

Bat control

G/T

HITTING



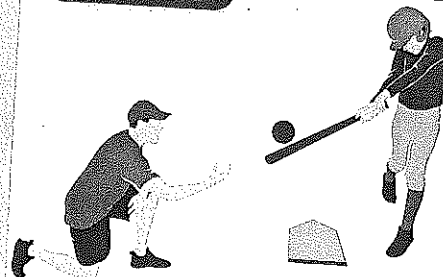
- **Line them up:** 3-5 fielders side-by-side, facing one batter 12-15 feet away.
- Fielders throw an easy pitch that batter can hit.
- Batter tries to hit soft ground ball back to fielders who field ball and pitch again.
- **Key Point:** Emphasize soft swings and ground balls. Younger players should use soft-core balls.
- **Make it a game:** Batter goes to #4 position after missing good pitch or hitting ball that is caught. Fielder 1 goes to batter. Fielder making an error moves to #4.

SOFT-TOSS

Hitting moving ball

I/G/T

HITTING



- **Line them up:** One player at plate. Other players fielding.
- Player stands ready to hit with "tossler" facing 4-5 feet away.
- Softly toss balls so that they begin at top of strike zone and fall towards front of plate. Batter hits ball on downward arc.
- **Key Point:** Players get many good swings in short time period.
- **Make it a game:** Let batter run to 1st on 10th hit.