

LEVEL: SINGLE

SINGLE – HITTING

With a partner or a coach standing at 45 degrees from the athlete, simply ask the athlete to hit the ball thrown from an underhand toss. Three out of five attempts should be successful. Distance is not important.

Below is an activity that can be used to prepare for this skill:

ACTIVITY LIGHT TOSS

[Click here](#) for video demonstration

Goal: Create opportunities for athletes to work on specific areas of their swing.

Description: Athletes can do this in pairs or in groups of three (each group needs 6-10 baseballs). Have a partner or a coach/parent helper located at 45 degrees beside the batter, simply ask the athlete to hit the ball from an underhand toss.

Have one coach/parent helper kneel in front and to the side of the batter and toss a ball with little or no arc in front of them.

After the batter has had 10-15 quality swings, get the athletes to switch. The pitcher should keep the delivery consistent so that batters can find their timing.

VARIATIONS AND PROGRESSION:

Use various types of bats and balls

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| A. Regular toss at 45 degrees |
| B. Regular toss at 45 degrees with coloured balls |
| C. Regular toss without moving feet (no step) |
| D. Regular toss with one knee down |
| E. Regular toss with bottom hand only (use light bat) |
| F. Regular toss using two balls |

KEY POINTS

- Feet wider than shoulders
- Hands together on the bat
- Hands high and back

