

LEVEL: HOME RUN

HOME RUN – HITTING

Able to hit three of five fair balls from a pitching machine (from 44 feet and a speed of 32-34 mph) or overhand.

Adjust angle by ensuring that the throw is coming from the appropriate height. Have the pitcher take a knee if needed.

Below is an activity which can be used to prepare for this skill.

ACTIVITY *PRECISION HITTER*

[Click here](#) for video demonstration

Goal: Hit the ball between two cones.

Description: A coach is positioned at 20 to 40 feet in front of the athlete. With one knee on the ground, the coach throws the ball to an awaiting hitter. You will need four cones for this drill. Cones 1 & 2 are on the shortstop side, 15 feet apart while cones 3 & 4 are on the second base side, again 15 feet apart.

Equipment: Cones (4), balls and bats.

VARIATIONS AND PROGRESSION:

- A. Ask the athletes to choose either side of the field and hit on that side as many times as possible in seven attempts.
- B. Ask the athletes to successfully hit the ball three times through the cones in ten attempts.
- C. Ask the athletes to successfully bat the ball through the cones; they score a run every time they succeed. They have five tries.

