

LEVEL: TRIPLE

TRIPLE – HITTING

With a coach standing in front of the athlete at 30 feet and throwing overhand, simply ask the athlete to hit the ball. The ball must reach 75 feet or more, rolling or in the air. This must be done three times out of five attempts.

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

ACTIVITY *TENNIS BASEBALL*

Goal: This is a fun drill that allows athletes to hit a moving object. It is an easy drill helping coordination eye-hand and athlete confidence.

Description: With a coach/parent helper standing in front of the athlete at 30 feet apart, and throwing overhand, simply ask the athlete to hit the ball with a tennis racquet.

Equipment: Tennis racquet and tennis balls

Athletes are usually set up as follows:

- Two athletes hitting
- Two athletes catching behind the hitters
- One athlete feeding balls to the coach
- Rest of athletes in the field gathering balls

Athletes rotate (in pairs) from the field, to catching behind the hitters to hitting, and finally back to the field.

After the coach has thrown a ball to one hitter, they immediately throw the next pitch to the other hitter.

Athletes rotate after each group has had 10-15 quality swings.