

Hitting

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Name of Drill: Two-side Hitting

Equipment Needed: Two screens or buckets, two hitting tees, a bucket of balls, one tosser and a few shaggers.

Explanation: This is a fun but challenging drill that helps players learn how to hit inside and outside pitches.

Execution: Players get five chances to hit the first screen and five chances to hit the other screen. Then use a front tosser to toss five inside pitches and five outside pitches. Each player gets several repetitions, and they have the opportunity to hit balls from several positions. This drill can be made into a game by awarding points by hitting the screen or buckets.

