

Hitting/Warm Up

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Name of Drill: Four corner hitting.

Equipment Needed: Bats, two to three dozen wiffle balls, four tees, four throw-down bases.

Explanation: We use this as a hitting drill to work on our swing, a conditioning piece, and a pre-game warm up. Position your players into four groups; we start with each group having a tee. Each player must hit the ball off the tee, get out of the box and run to the throw-downbase about 10 feet away. Run the drill clockwise or counter clockwise so the players are jogging or running to each station. After some time, take the tees out and add pitchers. The pitchers should front toss from about 10 feet away with the wiffle balls. The concept is still the same.