

Pitching

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Name of Drill: B-A-T-T-E-R (similar to HORSE in basketball).

Equipment Needed: Ball and tape, wall or catcher.

Explanation: This drill is like the game of "pig or horse" you play in basketball. You may use a catcher or all. When using a wall, you want to tape a batter's box on the wall and designate the corners inside, outside, low and high (put a "X" in the middle of the batter's box). The pitchers stand at the appropriate pitching distance. Before the pitcher pitches the ball, she calls out what spot she is trying to hit. If she hits the spot, she is the leader. The next pitcher must hit that spot to avoid getting a letter. If she misses it, she receives a "B." If she hits the spot, she doesn't receive a letter, and the leader gets to go again. If the leader calls a spot and misses, she loses her turn, but no letter is received. Turns are taken until a spot that is called is hit. Each time you miss a spot that the leader has determined you receive letters until the word "batter" is spelled.

This wall drill is great for beginning pitchers learning to control their fast ball. To make the game more interesting, stress the importance of not throwing the ball down the middle. Use the "X" in the middle. If at anytime the "X" is hit in the middle of the strike zone then a letter is automatically received and the player loses her turn.

When using a catcher you can use your junk pitches. Pitchers have to call their junk pitch and location. The catcher is the judge. You receive letters when you miss the predetermined location.