

## Soft Toss Drill

We use soft-toss to teach and reinforce the proper mechanics of the swing

This drill should be done at every practice or during pre game warm up.

Position yourself to the batting side (right for right handed batters) and ahead of the batter. Toss the "ball" at the hip of the batter. You want them to impact the ball in front of their body. This is the "contact point". The toss is important!! You do not want an arching, ugly type of thing. The toss should be crisp, but not too fast and out in front of the batter. Practice this to get it correct.

Always reinforce the proper hitting mechanics. Make sure your batters are:

1. **Relax:** (some batters get in their hitting position before the pitcher or coach is ready to pitch. Have the kids relax then load)
2. **Load:** (by simply lifting up the heel, put the weight on the backside, keeping the center of gravity)
3. **Step:** (short soft and straight)
4. **Launch:** (rotating their hips with an explosion toward the ball, keeping the hands back so they can still recognize the location of the pitch)
5. **Contact:** (now drive the bat to the contact point) one palm up and one palm will be facing down)
6. **Extend:** ( now we want to extend through the ball)
7. **Extend Again:** (finish high with bat over the shoulder)