

The Strike Zone Drill

The purpose of this drill is to teach the hitter "strike zone recognition".

Teams get 3 outs per at bat. A coach pitches the ball from the proper pitching distance for his particular age group. The hitter sets up at the plate with a bat, strides at the proper time, follows the ball with his head into the catcher's glove, and calls "ball" or "strike" as the ball hits the glove.

I have had a lot of success with letting the kids pitch to the kids for this drill also. This accomplishes two things. It lets the pitchers throw with someone standing in the batter's box and it allows the hitters to see live pitching from the peers. I sometimes use the soft incrediballs. This relaxes the kids who are afraid to get hit.