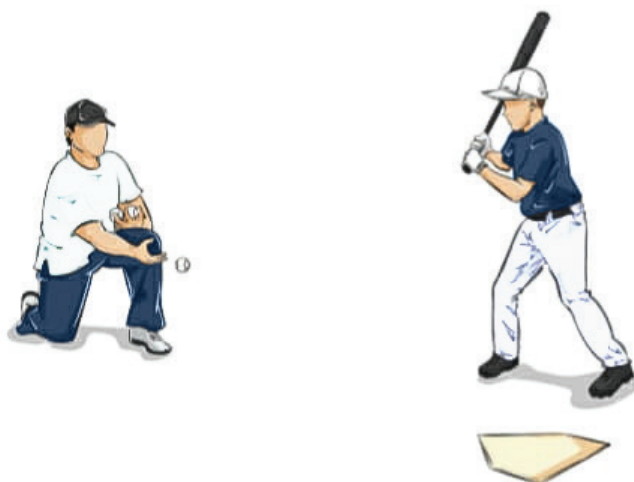


DETROIT
ROOTS



BACK TOSS DRILL



PURPOSE: Helps vision and ball tracking, while teaching hitters to keep their hands inside the ball.

DRILL SETUP:

- For younger teams, assign a coach or parent helper to each player, who will act as the tosser.
- Older players can partner up and toss to each other.
- The tosser kneels 6-8 feet behind the hitter with a bucket of balls.
- The hitter sets up at a plate in his normal batting stance, turning his head back to watch the tosser.
- Coach soft-tosses to hitter from directly behind.

HOW IT WORKS:

- This drill is similar to a regular soft toss, but the tosser is directly behind the batter in this case.
- The tosser softly lobs the ball towards the hitter, aiming for the middle or outside of the plate.
- The hitter watches the path of the ball, then takes his/her normal swing, trying to drive the ball each time.

COACHING TIPS:

- One of the most common hitting faults is “casting” or sweeping the barrel around to the point of contact. With this drill, it’s almost impossible to make solid contact with a casting swing. It forces hitters to keep the barrel inside the pitch until the moment of contact.

MAKE IT HARDER:

- Use smaller, whiffle golf balls to improve vision and tracking.

MAKE IT EASIER:

- Start by tossing from the front, then move to the side, then behind the hitter as they get more comfortable.