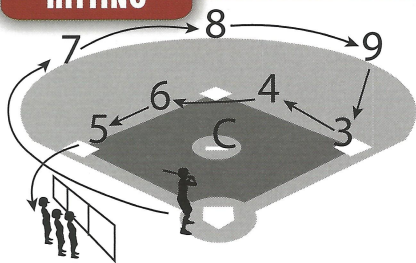


0-2 DRILL

Two-strike hitting, fielding, situations

T

HITTING



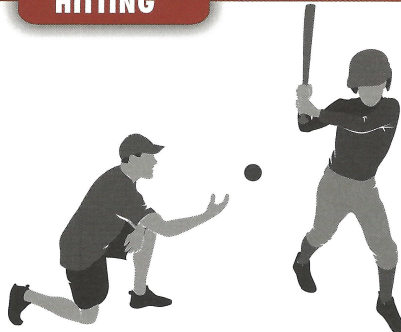
- **Line them up:** One player at each defensive position except pitcher and catcher. Coach is on mound pitching.
- Each player starts with 0-2 count, (no balls, 2 strikes). Player who misses or takes a called strike is out. Foul ball = keep hitting.
- When ball is put in play, batter runs to 1st. Fielders try to make the out.
- **Key Point:** Players rotate in manner depicted above. After hitting, hustle to left field to keep game moving.
- **Make it a Game:** After every player has hit, those who reached 1st safely hit again. Remaining players in field. Continue until 1 player is "0-2 Champion."

BACKWARDS SOFT-TOSS

Bat speed

I/G/T

HITTING



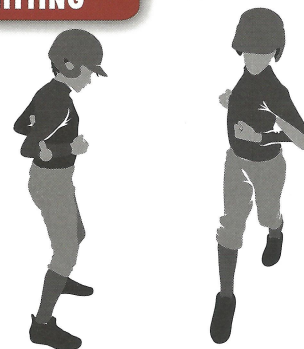
- **Line them up:** Player with bat. Coach behind with baseballs.
- Kneeling coach tosses ball from behind, through hitting zone.
- **Key Point:** Batter must quickly "catch up" with ball and try to hit it.
- **Make it a Game:** Gradually increase speed of toss to increase difficulty.

BELLY-BUTTON SWING

Hip turn while hitting

I/G/T

HITTING



- **Line them up:** Each player with bat placed behind back as shown.
- Batters rotate trunks to make bat head come through imaginary hitting zone.
- **Key Point:** Players must get bat action by moving hips, instead of striding.
- **Make it a Game:** Toss tennis balls and have players try to hit.

DOT DRILL

Eyes on the ball

I/G/T

HITTING



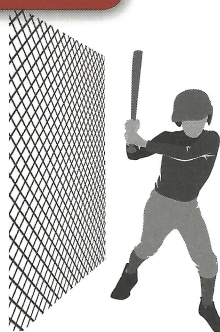
- **Line them up:** One hitter, rest of group fielding.
- Draw dime-sized dot on some, but not all baseballs.
- Throw batting practice.
- **Key Point:** Players must be able to tell coach which pitches were "dot balls".
- **Variation:** Tee-ball: Use dot to teach players where to aim bat.
- **Make it a Game:** See who gets most correct out of 10 pitches.

FENCE SWING

Shortening batter's swing

I

HITTING



- **Line them up:** Batter stands with back foot and hands 8-10 inches from fence. Back foot should be parallel with fence.
- Practice swinging.
- **Key Point:** Bring hands straight down to ball, avoiding a long, looping swing.
- **Make it a Game:** Who can take most good swings without hitting fence.

How to Use CoachDeck

Tips to more effectively use the drills in this deck

- **Color-coding:** Each CoachDeck card is color-coded for instant recognition. Gold = infield; Green = outfield; Blue = baserunning; Red = hitting.
- **I/G/T:** I = Individual; G = Group; T = Team. I/G/T = Drill can be performed by individual, group or team.
- **Line them up:** Adjust drills for age level. Some drills call for players to be stationed a certain number of feet apart, but you may feel this is too short or too great a distance for your players. Modify as you see fit.
- **Key Points:** The "Key Points" are items you or your players need to know to maximize each drill's effectiveness.
- **Make it a game:** An ordinary drill turns exciting if you can make it into a competition. Nearly every drill in CoachDeck can be performed as a fun game your players will love.
- **Equipment:** CoachDeck drills require no special equipment beyond bats, balls and helmets. However, if some drills are too advanced for players, you may use batting tee. (In T-ball level it is recommended that all hitting drills be done with tee.) Substitute soft-core or tennis balls as needed, depending on player ability, for safety reasons. Stopwatch may be helpful in some drills.
- **No team required:** The majority of CoachDeck drills can be adapted to one-on-one coaching in backyard or park. Fundamental skill taught in each drill is key.