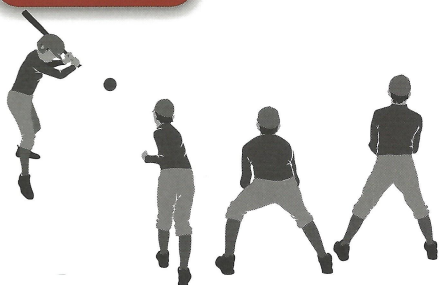


## PEPPER

Bat control

G/T

### HITTING



- **Line them up:** 3-5 fielders side-by-side, facing one batter 12-15 feet away.
- Fielders throw an easy pitch that batter can hit.
- Batter tries to hit soft ground ball back to fielders who field ball and pitch again.
- **Key Point:** Emphasize soft swings and ground balls. Younger players should use soft-core balls.
- **Make it a game:** Batter goes to #4 position after missing good pitch or hitting ball that is caught. Fielder 1 goes to batter. Fielder making an error moves to #4.

## RAPID-FIRE

Fast hands

I/G/T

### HITTING



- **Line them up:** One player hits. Other players fielding or on other drills.
- Player stands ready to hit. Coach kneels 4-5 feet away.
- Softly toss balls so that they begin at top of strike zone and fall towards front of plate. Batter hits ball on downward arc.
- **Key Point:** Rapid-fire! Toss balls quickly to force hitter to swing fast.
- **Make it a Game:** Every player who hits all four can go again.

## SOFT-TOSS

Hitting moving ball

I/G/T

### HITTING



- **Line them up:** One player at plate. Other players fielding.
- Player stands ready to hit with "tossers" facing 4-5 feet away.
- Softly toss balls so that they begin at top of strike zone and fall towards front of plate. Batter hits ball on downward arc.
- **Key Point:** Players get many good swings in short time period.
- **Make it a game:** Let batter run to 1st on 10th hit.

### 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.