



Three-Plate Front Toss

Skill Set: Hitting

Difficulty Level: Hard

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 10 minutes

Equipment Required: Screen for coach to throw behind, 3 home plates, and a bucket of baseballs

Goal: Keep good rhythm and timing with the pitcher at each plate distance

Description of the Drill:

- Screen set up 30 feet from the plate, plates are set at roughly 30, 20, and 15 feet away from the screen (shown below)
- Hitter sets up even with the furthest plate (plate 1)
- Coach throws overhand at a consistent speed, no matter what plate the hitter is hitting from
- Hitter gets 3 swings at a plate, then moves to another (order of plates hit from does not matter)
- Focus should be on keeping rhythm and timing with the coach as they pitch and hitting the ball back up the middle
- Partners switch after rotating to all plates twice

Add Difficulty:

- To add a degree of difficulty, hitters can rotate plates after every swing

Layout of Drill (cage is optional, can be done on a field):

