

One-Handed Hitting

Skill Set: Hitting

Difficulty Level: Hard

Number of Athletes and Coaches: Players in groups of 4-5, coaches

Average Time to Complete: 15 minutes

Equipment Required: Field, helmets, bats, bucket of whiffle balls

Goal: Focus on making good contact with the ball with the top and bottom hands

Description of the Drill:

- One group at each base, with one player at the base to hit, and one player towards the mound to toss balls to be hit, other players in each group should shag
- Hitters will hit towards the infield and whiffle balls used for this drill
- Hitters should take 5-8 swings with top hand, bottom hand, and both hands
- Rotate from shag to pitcher to hitter
- Repeat as time allows
- This drill can be done anywhere there is enough space (outfield, in a gym, in an open field)

Layout of Drill:

