

LEVEL: DOUBLE

DOUBLE – HITTING

With a coach in front of the athlete from 20 feet and throwing overhand from their knees/one knee, simply ask the athlete to hit the ball. The ball must reach the outfield, rolling or in the air. This must be done three times out of five attempts.

Below is an activity which can be used to prepare for this skill.

ACTIVITY WIFFLE BP

[Click here](#) for video demonstration

Goal: This is a fun drill that allows athletes to get a lot of swings in a very short period.

Description: With a coach/parent helper standing in front of the athlete at 20 feet and throwing, simply ask the athlete to hit the ball.

Equipment: Various bats and balls (wiffle balls)

Athletes are usually set up as follows:

- Two athletes hitting
- Two athletes receiving behind the batters at a safe distance
- One athlete feeding balls to the coach
- Rest of the athletes in the field (gathering balls)

Athletes rotate (in pairs) from the field, to catching behind the batters, to hitting, and finally back to the field.

After the coach has thrown a ball to one batter, they immediately throw the next pitch to the other batter.

Athletes rotate after each group has had 10-15 quality swings.

KEY POINTS

- *Feet must be wider than shoulders*
- *Hands high and back*
- *Hands together on bat*

