

## Backside Angle 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, home plate, and a bucket of baseballs

**Goal: Focus on driving the ball up the middle by hitting the inside of the ball**

### Description of the Drill:

- Screen set up 20 feet from the plate
- Hitter sets up even with the plate
- Coach sets up screen to the left side of the cage, slightly angled
- Coach underhand tosses from the left side of the screen across the middle of the plate
- Hitter tries to hit the ball back up the middle, working on timing with the coach's pitches
- Focus should be hitting the ball back up the middle, staying inside the baseball
- Partners switch after 10 swings

### Add Difficulty:

- To add a degree of difficulty, coaches can throw pitches inside and outside
- Hitters should try to hit outside pitches to the opposite field (or opposite side in a cage)
- Hitters should try to hit inside pitches back up the middle or a little to the pull side of the middle

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

