










Drill #2 Bunt & Go Live Pitch

Legend:

-  Cone
-  Bucket
-  Athlete
-  Ball
-  Direction of Athlete
-  Hitting Screen
-  Direction of Ball
-  Coach
-  Tee
-  Protection Screen

Station #2: Bunt & Go - Live Pitch

Equipment Needed: Bucket of Balls, protection screen, home plate, 1 base, cones, Bat & Helmets

Skill: Sacrifice Bunt, Drag Bunt, Running Slap, Pitch Selection & Coming out of the box & Running to 1st

Level of Skill Development: Development/Consolidation

Objectives: 1) Consolidating/refining sacrifice, Drag & slap mechanics

2) Refining getting out of the batters box

3) Refining running to 1st base.

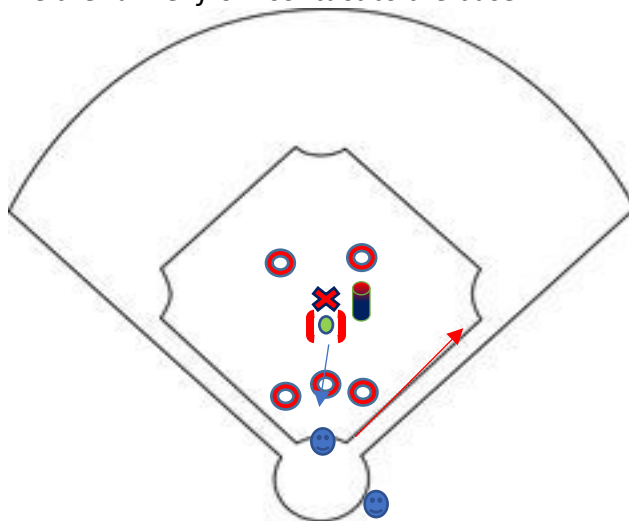
Teaching Points: 1) Ensure the correct hand grip and barrel location for the athlete - absorbing the ball on Sac bunt.

2) Foot work for Drag bunt is moving through the box with correct foot path (back foot to pitcher)-

3) Coming out of the box is efficient and running path is correct with running hard through 1st base

*****Teaching cues: Head/Eyes at top of strike zone, barrel above and in front of hands.*

Explanation: Coach is to live pitch to the batter, using different pitch types. Cones are to be set up to ensure the bunt/slap is directed to the correct zone. Once the batter has made contact with the ball, they are to run out the play to 1st base, then it's the other athletes turn. Batter is to sacrifice bunt the first 5 turns, then 5 drag bunts, then 5 running slaps. After that they are to alternate, until station is completed. *To add complexity to the drill to be more game like time the runner from contact to the base.*



Drill by: Sally Smith