

## Coach Dave Hieb Hitting Drill Tips #3

### *Soft Toss & Front Toss Drills for Hitting Faults, Signs and Fixes*

<i>Hitting Fault</i>	<i>Sign or Hitting Result</i>	<i>How you will likely be Pitched</i>	<i>How to Fix</i>
<i>Unbalanced Stance</i>	<i>Limited power, not able to drive the ball</i>	<i>-Fastballs for weak hitters -Change Speeds</i>	<i>- No stride soft toss/front toss - Balance on back leg toss</i>
<i>Feet Too Narrow</i>	<i>Fly balls, especially to the opposite field and weak fly balls up the middle</i>	<i>-Off speed -Fast balls up</i>	<i>-Stationary Feet Toss work -Move feet to a bat length apart</i>
<i>Feet Too Wide</i>	<i>Limited power</i>	<i>-Off speed -Fast balls down</i>	<i>- One Legged Balance Toss -Move feet to a bat length apart</i>
<i>Too Much Body Movement</i>	<i>Inconsistent hitting, not seeing the ball well</i>	<i>-Off speed</i>	<i>-Stationary Feet soft toss -Preset Load Phase -Widen the stance -Eliminate movement to keep the head still -Up/Down/Drive short screen</i>

<i>Poor Box Positioning</i>	<i>Lack of game plan, tendency to hit into pitcher situations</i>	<i>-Pitch away from strength -Breaking balls in the dirt</i>	<i>-Middle, Inside, Outside Tee work -Front Toss middle/away -Have a game plan as to where you want to hit the ball before each pitch</i>
<i>Poor Grip</i>	<i>Consistently hitting the ball either up or down after making other adjustments</i>	<i>-Fast Balls Up -Breaking balls down</i>	<i>-Basketball Toss -Front Toss Away -Front to back soft toss -Line up "knocking knuckles"</i>
<i>Wrapping Hands</i>	<i>Not able to catch up with a good fastball, hit the ball to the opposite field</i>	<i>-Fastballs inside</i>	<i>-Away/Middle Double Toss -Double Tee Middle - Quick front toss -Super BP -Keep hands at or near the back shoulder when going into a load/gathering position</i>
<i>No Rotation in Torso</i>	<i>Limited power, not able to drive the ball</i>	<i>-Fastballs away -Off-speed down</i>	<i>- Inside Toss Work -Front Pull Soft Toss -Dyna Disk Toss Work -Fungo bat behind back -Resisted hip rotations</i>
<i>Over striding</i>	<i>Fly balls, especially to the opposite field</i>	<i>-Off speed -Fast balls up</i>	<i>-Up "Hill" Mount Toss -Gymnic Ball Toss</i>

			<ul style="list-style-type: none"> <li>-1-2-3-4 Drill</li> <li>-Forward/Rewind Drill</li> <li>-1" - 3" inch step, wider stance or eliminate step</li> </ul>
<i>Open Stride</i>	<i>Ground balls up the middle and weak fly balls to the opposite field</i>	<ul style="list-style-type: none"> <li>-Away if he strides away from the plate</li> <li>-Inside if he strides towards the plate (distance from the plate also is a factor)</li> </ul>	<ul style="list-style-type: none"> <li>- Bucket Lid Toss</li> <li>-Extension Toss</li> <li>-Wider stance, eliminate step, short step toward the pitcher</li> </ul>
<i>Closed Stride</i>	<i>Weak ground balls up the middle due to hitting the ball off the handle</i>	<ul style="list-style-type: none"> <li>-Hard stuff inside</li> <li>-Off speed away and play opposite</li> </ul>	<ul style="list-style-type: none"> <li>-Long Distance Toss</li> <li>-Pull Toss</li> <li>-Wider stance, eliminate step, short step toward the pitcher</li> </ul>
<i>Drifting</i>	<i>No power, weakly hit balls</i>	<ul style="list-style-type: none"> <li>-Off Speed</li> <li>-Fastballs up</li> </ul>	<ul style="list-style-type: none"> <li>-Gymnic Ball Toss</li> <li>-Basketball Toss</li> <li>-Wider stance, eliminate step, short step toward the pitcher</li> <li>Balanced stance</li> </ul>

<i>Not getting front foot down in time</i>	<i>Poor timing, hitting the ball weakly to the opposite field, pop ups</i>	<i>-Fastballs inside hard -Off speed down -Breaking balls outer half</i>	<i>-Load/Step/Swing Toss -Stand in on Pitcher -Load earlier, wider stance, eliminate step</i>
<i>Flexed front leg</i>	<i>No power, weakly hit balls</i>	<i>-Changeups</i>	<i>-Gymnic Ball Toss -Up "Hill" Mound Toss -Resisted Hip Drill -Balanced swing</i>
<i>No separation</i>	<i>No power, weakly hit balls</i>	<i>-Breaking Balls down</i>	<i>-Basketball Toss -Shift weight back -Load/Step/Swing</i>
<i>Swing hitch</i>	<i>Swing underneath good fastballs</i>	<i>-Fastballs up -Changeups down</i>	<i>-High Toss -Chair Toss -Load/Step/Swing -Ball Drops -Keep hands at the top of the strike zone</i>
<i>Barring lead arm</i>	<i>Pull hitter</i>	<i>-Fastballs in hard</i>	<i>-Wall Drill -Corner Drill -Bat Knob Hit -Preset hands &amp; "gather" body vs. load hands</i>
<i>Double cocking</i>	<i>Balls hit to opposite field More fly balls</i>	<i>-Change Ups -Breaking balls down</i>	<i>-Balance Toss -Stand in on Pitchers -Eliminate step</i>

<i>Tucking hands into the body</i>	<i>Rolling the ball over to the pull side</i>	<i>-Fastballs in -Off Speed away</i>	<i>-Basketball Toss -Move hands away from the body</i>
<i>Little weight transfer</i>	<i>Weakly hitting the ball to the opposite field</i>	<i>-Off Speed</i>	<i>-Resisted Hip Rotation -Balance toss work -One Legged Balance Toss -"Happy Gilmore" Drill</i>
<i>Little hip rotation</i>	<i>Weakly hitting the ball to the opposite field</i>	<i>-Fastballs inside -Fastballs down</i>	<i>- Inside Tee Work -Front Pull Soft Toss -Dyna Disk Tee Work -Fungo bat behind back -Resisted hip rotations -"Happy Gilmore" Drill</i>
<i>Early hip rotation</i>	<i>Pull hitting and rolling the ball over</i>	<i>-Away, especially off speed pitches</i>	<i>-Timing -Opposite Field Tee -Standing in on pitchers, -Hitting the ball to the opposite field -NOW Drill -Opposite field short screen</i>
<i>Over rotating</i>	<i>Pull hitting and rolling the ball over</i>	<i>-All Pitches Away</i>	<i>-Hitting the ball to the opposite field -NOW Drill</i>

			-Opposite Field Short Screen
<i>Shifting weight to outside front leg</i>	<i>Ground balls Trouble with all off speed pitches</i>	<i>-Off speed pitches -Fast balls up</i>	<i>-Hitting with a gymnic ball -1-2-3-4 Drill -Forward/Rewind Drill</i>
<i>Front shoulder pulls out too early</i>	<i>Pull Hitter Trouble with all off speed pitches</i>	<i>-Away, especially off speed pitches</i>	<i>-Long Distance Tee -Hitting the ball to the opposite field -Ike and Mike Drill -Opposite Field Short Screen</i>
<i>Upper Cutting</i>	<i>Fly balls Swing under good fastballs</i>	<i>-Fast Balls Up -Balls down below the solid contact zone and within the chase zone - Away</i>	<i>-High Tee -Double tee work -Chair Tee</i>
<i>Chopping at the ball</i>	<i>Ground balls Trouble hitting off speed pitches</i>	<i>-Down -Off speed</i>	<i>-Double tee work -High Tee -Top Hand Drills</i>
<i>Casting hands</i>	<i>Pull Hitter Trouble with all off speed pitches</i>	<i>-Hard stuff in on the hands</i>	<i>- Wall drill -Corner Drill -PVC Pipe -Knob Hitting</i>
<i>Inside out swing</i>	<i>Opposite field hitting Hit the ball hard to 1b</i>	<i>-Down and in -Pitch away and play opposite</i>	<i>-Double tee drill -Resisted Hip Turns -Basketball Drill</i>
<i>Dropping barrel on low strikes</i>	<i>Pop ups Not hitting the ball hard</i>	<i>-Curveballs in the dirt -Breaking balls away</i>	<i>-Double tee work -Balanced Stance</i>

<i>Swinging up at high strikes</i>	<i>Swing underneath good fastballs Fly balls</i>	<i>-Fast balls up</i>	<i>-High Tee -Chair Tee -High Double Tee</i>
<i>Stiff wrists</i>	<i>Not hitting the ball hard Pop ups</i>	<i>-Fastballs</i>	<i>-Top Hand -Bottom Hand -Two direction soft toss -Back and forth tee work</i>
<i>Dragging the bat through the hitting zone</i>	<i>Balls hit to the opposite side</i>	<i>-Hard stuff inside</i>	<i>- Under load hitting drills -Resisted Hip Turns -Basketball Toss</i>
<i>Cutting the swing off</i>	<i>Pull hitter Cannot hit anything on outside half of the plate</i>	<i>-Fast balls in off the plate -Fast balls in the chase zone</i>	<i>- Opposite Field Toss -Opposite Field short Screen</i>
<i>Release top hand too soon</i>	<i>Ball doesn't jump off the bat</i>	<i>-Breaking Balls away</i>	<i>-Keep both hands on the bat</i>
<i>Pulling head off the ball</i>	<i>Inconsistent hitting, don't hit the ball solidly</i>	<i>-Away, especially off speed pitches</i>	<i>-Ike and Mike drill</i>
<i>Rolling top hand over</i>	<i>Ground balls</i>	<i>-Off Speed away, balls in the chase zone</i>	<i>-Long tee up the middle -Opposite field toss work -Concentrate on back elbow to belly button</i>
<i>Over swinging</i>	<i>Inconsistent hitting, don't hit the ball solidly</i>	<i>-Off speed, balls in the chase zone</i>	<i>-Tracking the ball -Colored ball hitting -Numbered ball short screen -Ball Drops</i>

<i>Hands Drop</i>	<i>Pop ups</i>	<i>-Fastballs up -Off speed down</i>	<i>-Top Hand Toss -Bottom Hand Toss -High Toss</i>
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